



UNIVERSITY OF PÉCS
Faculty of Health Sciences

SPORT- AND HEALTH SCIENCES notebooks

**4th International Basketball Conference -
Multipractice 2.0**

ABSTRACTS



**Center for Basketball
Methodology and Education**



SPORT- AND HEALTH SCIENCES NOTEBOOKS

4th International Basketball Conference - Multipractice 2.0

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Editor:

Dr. László Rátgéber, PhD, habil.

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MESSAGE FROM THE ORGANISING COMMITTEE

As the next step of the conference series, Hungary hosted a high-quality sport science event for the fourth time, which drew international attention again.

We were able to bring an NBA head coach, Chris Finch from the Minnesota Timberwolves to Pécs, and Erdem Can, who celebrated a Euroleague victory with Fenerbahce as an assistant coach, worked for the Utah Jazz, and was recently appointed head coach of two-time EuroLeague gold medalist Anadolu Efes.

The audience had a memorable experience at this conference. Erdem Can, among other issues, talked about his personal transition from assistant coach to head coach in his inspirational speech. Chris Finch's plenary and on-court sessions impressed the Hungarian coaches who were informed about distinctions between NBA and European basketball – it is more compelling to hear professional insights and ideas from an experienced NBA head coach in person rather than reading them in a book.

As Mr. Finch explained, during a coach's career, it is crucial to develop a fundamental basketball concept that the team can follow and that builds self-confidence in tough situations, allowing the coach to be accepted by the players. Besides, try to identify the most successful game strategy, but remember to change it based on fresh experiences and personal developments.

Dr. László Rátgéber, PhD, habil.

Master Coach
 Assoc. Prof. at the University of Pécs,
 at the Hungarian University of Sports Science, Budapest,
 Professional and Strategic Director of the National
 Basketball Academy, Pécs,
 Director of the Center for Basketball Methodology
 and Education, Pécs



MESSAGE FROM THE PLENARY PRESENTER

Accepting László Rátgéber's invitation to the IV. International Basketball Conference made me delighted. My objective as the Minnesota Timberwolves' head coach was to present a fresh coaching philosophy to European basketball players. Everyone wants to win in sports that are competitive. In addition to coaching the professional basketball players to victory, a successful head coach serves as a mentor to help them reach their professional goals. This goes well beyond the players' technical and physical training. It entails leading by example and providing mental, psychological, and lifestyle support.

Top basketball players must physically and mentally perform at the highest level under intense pressure due to the demanding competition schedule, but mental health cannot be compromised in the name of achievement. Players must focus on developing their individual skills, which is aided by team self-control and incredibly straightforward, uncomplicated team communication. Having technical preparation boosts one's confidence. The long playing season can be divided into manageable details to establish

development points and goals that will serve as a concrete accomplishment that will inspire and provide the team as a whole.

The National Basketball Academy in Pécs has world-class facilities! Not only is the infrastructure truly incredible – I have not seen anything like it in Europe – but the entire environment. It includes all the components required for an academic framework.

Chris Finch

Head Coach of the Minnesota Timberwolves

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ABSTRACTS OF PLENARY PRESENTATIONS



MODERN OFFENSIVE PHILOSOPHY

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

When you are coaching it's all about selling your beliefs to the players. You need to create an offensive philosophy on certain principles:

1. How do we carry over to the floor
2. How do we install it
3. What drills do we do, that support is
4. How do we continue the messaging, that we are all buying into the same belief system

A really important rule is to create an efficient offence. With modern analytics, the game is broken down into the 4 Factors:

1. How well you shoot - Effective Field Goal Percentage (eFg%)
 1. How often do you get to the Free Throw line - FT. Rate
 2. How often do you get your missed shots back - OREB%
 3. How well do you take care of the ball - TO%

In the modern game right now the three most efficient shots are layups, three point shots and free throws. It is really important to replace poor shot selection, with good shot selection.

We need to make our decisions quickly - 0.5 mentality (drive, pass, shoot). We want to run after misses and makes - most teams run after turnovers and misses, but only the real committed teams run after makes. Sharing the floor and sharing the ball is key in offensive possession. To achieve this you need to be a movement team: run, cut and roll for our teammates. Besides this one of the most important parts of offense is spacing, and re-spacing, being early in our spots. Spacing is how we start, re-spacing is what happens after

we start moving.

Anything that you do should have a shared terminology, shared language builds culture. Using very catchy, easy messages that relate to our game is essential

PATH FROM BEING AN ASSISTANT TO HEAD COACH

ERDEM CAN

Head Coach of the Anadolu Efes

In his motivational speech, Erdem Can shared his personal journey from assistant coach to head coach. The path was anything but straight; it was more like a rollercoaster.

I began my career as a basketball player. All I knew was that I wanted to be the best basketball player in the world. But I got hurt when I was 17. At the age of 19, at my university professor's advice I began coaching children aged 10 to 18 in all categories. I realized that there was another way to love basketball. The game has embedded itself in my body and soul. This is how my lifelong commitment to basketball began.

I didn't speak English at the time, but I recognized the value of knowing the common language of basketball, so I studied it diligently. I attended a basketball camp in the United States where I learned that the only way to improve yourself is to invest in yourself.

At age of 23, I was assistant coach in Turkish League First Division Bama, where relegation to second division was a real threat. I was investing in myself by watching games and attempting to comprehend them. After two months a new head Coach from New Zealand was hired. He was teaching me English, and I was teaching him Turkish.

Despite the low budget, our team reached the Turkish League semi-finals the following year. My head Coach trusted me and said we could go further together. All of a sudden in 2006, I found myself with the New Zealand national team, World Championship in Tokyo Japan. I had to mature. The Coach was fired at the end of the season. I was loyal to him and left because I did not agree with the way he was treated.

I was without a job. So I started working on the details of the opposing teams, on the terminology of the various teams, leagues, the rules and etc. The Coach then had an

opportunity to work in Greece and immediately called me as well. I had the right person to work with and he gave me the opportunity to improve. This is more important than simply having a position. Due to recruitment issues, the Coach lost his reputation and I was fired again.

When I was returning to Turkey I was not recognized by local professionals. I was again low on the rollercoaster. After 6 months away from the basketball industry, I decided to return to what I love, basketball. A small opportunity arose from the Turkish league's second division. There, I worked with a very honest and open Coach.

The following year, I worked as an assistant coach in Telecom's first division. I felt like I was rising up again. I went back to the years when I could work with the coaches and players on another level. After a year the new board members decided to change to whole staff.

I was sad and upset this time but I never gave up the self motivation, because basketball is part of me. As long as I work hard, I do my daily duties, it will go on the right way. The opportunity came to work as an assistant coach for a lower-level team that had just risen from the Second Division to the First. I was willing to sacrifice everything for basketball. The wise Coach provided me with an incredible opportunity to expand my mindset. I carried the entire workload; preparing game plans, working with players, pregame and postgame preparations, and so on, but I enjoyed it because my love of basketball. If you want to be the best, you must find your own path to maturity, as well as your own motivation and goals.

When the Coach resigned, I was offered the position of Head Coach at the age of 29. I accepted it. I was fired two months later. My biggest mistake was believing that I knew everything what I should know about basketball and that I

could manage the team. Looking back, I didn't deserve to be there at that time for a variety of reasons, including coach-player communication, reading the game, reacting to the situation, taking timeouts, and even substitution. Whatever happens, you must maintain your dedication and hard work, but more importantly, you must maintain your personality.

This was my fourth failure in a row, but I never gave up. I returned to Istanbul to reunite with my family and I began investing in myself again on a daily basis. Every day, I attended the best Coaches' practices. I researched MBA team terminology. You create your own culture once you have your own terminology. I was preparing playbooks while watching Jacob Radovich Europa League games and breaking down all of their offensive and defensive systems.

The following season, I became the last assistant, the video coordinator in Fenerbache. Even if things aren't going well, you must strive to improve yourself. Jacob Brothovic, a new coach, joined the team at the end of the season. I prepared a detailed DVD report on the Turkish players in the League for his request and also presented the playbook on Coach Jerico Drodovich's offenses that I had prepared earlier before I knew we would be working together. Jaco allowed me to develop as a person and as a Coach. I began to prepare games, talk with players, hold pre and postgame meetings, and discuss the game plan with him. After seven years, our relationship reached a new level.

You need to be yourself, you cannot be a fake person. You must be truthful and confident in the person with whom you work. And then he will give you more opportunity. If you are dedicated enough, if you feel you love the game enough and you are patient enough, it is will pay off.

Turkey has never had such basketball success, as being Euro League champion five years in a row, making the final four three times, and so on. This provided additional motivation to other Turkish teams as well. Jayco decided to leave. With the help of Igor Kokoshka the new head Coach I was promoted to be in the Summer League by Eutyches. The opportunity of a lifetime does not come by chance; you must demonstrate your commitment. I was prepared to become a head coach in MBA, but I was not given the opportunity. I left despite my two-year contract. Then Coach Quinn offered me a position as an assistant coach for Utah Jazz. After a year, I

felt I was ready to be a head coach in Europe and to take on another challenge in my career.

We developed our own terminology to foster the ownership of players. A head coach's responsibilities are very different from those of an assistant coach. He must make quick decisions, manage fifteen different personalities, and maintain balance. He must be much more open, to listen to the players and persuade them that the team will improve through teamwork.

I believe the key word is to remain humble and hungry. Be committed to this job and recognize whether or not you are able to enjoy it. Because if you don't love basketball, I don't believe there is an open road ahead of you.

BUILDING A "READ AND REACT" OFFENSE

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

Basketball is a game that's played with the interconnectivity of the pass, the sharing of the floor, the movement and the energy that creates. We have to coach it into existence, keep it simple, layer it. Use the different variations, which are hard to guard. You need to be good at 4/5 things, that you choose to be good at, you need to put your energy there, which are the right things for you, for your team.

Our decision tree is that we want to play with pace, with freedom and we want to get to the right shot. Because there is a lot of freedom in the offence, it doesn't mean just do whatever you want, whenever you want, however, you want. We still want you to do things within our concepts and we want you to do things that feed into your skillset, what is that you do best, we try to emphasize that.

We don't have a point guard, we have a push guard and he has 3 responsibilities.

- I. Create pace, get the ball up and over into our offense as quickly as can.
- II. Create movement
- III. Be yourself (land yourself to your best skills - shoot, cut, etc.)

The nature of our offence can be described with the word PEPPER. Push, early actions, pass-pass, enter the paint, relocate.

In the read-and-react offence, you have to make choices.
Rule: "I don't care what you do, I care that you do it quickly and you do it well."

It is important to use different entries from the ball player, to use strong side actions and weak side actions, and also important to prefer to pass and play, it opens up more randomness, which gives more layers to the offence that we are

building. You must focus on communication in offense with body language and intentions, and be decisive. Offense is about creating space, defense is about filling space. - Share the floor-share the ball

USING OFF SCREENS

ERDEM CAN

Head Coach of the Anadolu Efes

How you play the game is more important than what you play. When using off screens you need to be an “actor”, to put the defence in a reacting situation (footwork is really important). Using the screen the right way is the key, but even if you want to create for someone, first you need to be a scoring threat.

Different ways of using the screens are the key of the off screen actions. The passer shouldn't hold the ball early, he/she should decide while dribbling, keeping the dribble alive. The receiver is the actor - needs to contact the defender always (make the “T” with the body: the offensive player's shoulder touches the defensive player's chest), and also must change the speed (from 0 to 100). Apart from changing speed, going close to the screener is important (must adjust speed when using stagger screens 0-40-0-100).

When you are a receiver you need to see the court and the ball, you can't look at the defenders, you must feel them. When using floppy screens is important first to fake the opposite side of the screen.

Another teaching point is using the screen and setting the screen. The screener must fake the opposite side before setting the screen, the receiver must wait for the screen till it is firmly set. If you are in the proper position the alternatives are coming up (timing and spacing are the key). You have to make everyone believe that you are the scoring threat.

First, we need to teach the fundamentals. Regardless of what kind of screens we are using, as long as we know how we play, what we play is less important. Using screens you need to make believe everyone that you are the scoring threat.

PERIODIZATION IN BASKETBALL: EVIDENCE VS./FOR REAL LIFE

IGOR JUKIĆ

Sport Scientist, Advisor of ELPA

Periodization of sports preparation implies systematic planning and programming of training, competition and recovery in time cycles that are specific in terms of content, workload and training methods. The fundamental goals of periodization in basketball are the protection of player health (ensuring availability for training and competition) and improving competitive performance. At each of these competitions, basketball teams should be in optimal sports shape. The special feature of achieving peak performance in basketball is related to a large number of potential peaks, and it is often difficult to predict which games during the competitive season will be particularly important in terms of results. A special obstacle to the implementation of adequate periodization strategies is the congested competition schedule during the competition season. Such a competition system puts coaches in a situation to choose between short-term (microcycles) and long-term approaches (macrocycles) to planning and programming.

The periodization of sports preparation in basketball is based on the synchronization of team and individual sports form. The basic task of periodization (planning and programming) is the manipulation of contents, loads and methods of sports preparation in the specific period of preparation and competition. Periodization should be applied in different programs (strength and conditioning, technical and technical-tactical) of sports preparation. At the same time, special attention is paid to psychological preparation, nutrition and recovery.

Due to the influence of various types of stresses on the player and the team, it is not easy to interpret the real reasons for changes (positive and negative) in competitive efficiency. That is why coaches applying precise training interventions, and special emphasis is placed on the monitoring of load, fitness and fatigue.

Such a multidimensional demand for sports preparation requires a multidisciplinary and interdisciplinary approach in planning and programming. That is why the coach and his staff should be equipped with evidence based knowledge and experience that will allow them to, according to their experience, effectively manage the training process and sports form.

This is precisely why we can say that the job of a basketball coach is based on craft (content, methods and workload), science (evidence based data) and art (planning and programming of an integral system of sports preparation).

ROUNDTABLE - BUILDING THE TEAM: RULES, ROLES AND RESPONSIBILITIES

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

MAR ROVIRA

Sport Scientist – Spanish Olympic Committee

MARCEL PONGÓ

Hungarian National Team Player

MODERATOR:

PROF. DR. SC. IGOR JUKIC

When it comes to building a team it is the general manager and his subordinates who has the final decision of recruiting players. They conduct scouting, evaluation and take opinions from coaching staff and ask for a personality profile from the sport psychologist as well. The talent acquisition process focuses on fit, team culture and individual characteristics. Organizational culture determines the criteria for selection and talent identification. The first generation of Rátgéber Academy players were evaluated based on their performance, potential to contribute to the organization and also on family background support.

In the recruitment process of the assistant coaches it is important that the candidates must be able to cover blind spots of the head coach, to be easy when around and build good relationships with players.

There is a great emphasis on energy. Coaches are teachers and models as well. They can demonstrate the required energy through their voice, tone and movements. A proper feedback can also boost players' self-esteem. Coaches must teach effort conduct, how to overcome fatigue and provide tools for practice, as without energy teams cannot win a single game.

Leadership style plays a crucial role in influencing various aspects of a coach's preparedness, health and performance. It is essential to set the tone and expectations and to be yourself while considering different personalities in the team. Deviating from one's personality can lead to poor performance or injury. To build a personal leadership style, coaches should be authentic, self-regulated and have a clear understanding of players' personality. If you are under pressure, self-regulation and clarity are essential for success.

Creating a culture can alter the climate, which is a short-term category. It's crucial to give people the resources they need to influence culture for an organization's benefit. Culture builds on itself and success will eventually come if it is done right. When we are recruiting players, it is important to focus not only on attributions like competitiveness, treating people the right way, playing the game the right way, being highly coachable, being great in the community but also on a fit to the team.

It is crucial to see that real winners focus on the process and on building their skills, that is the main key to success. They are not chasing recognition or money. This mindset allows them to become the best basketball players they could become.

Alignment, which involves everyone in the building, from coaches to general managers and owners, sets expectations for the team and players must work in sync with these people to maintain harmony. The locker room should manage issues related to winning teams, as it can lead to easier contracts and job opportunities

BEHIND THE SCENES OF AN NBA PROGRAM. STAFF MANAGEMENT, PRACTICE AND GAME PLANNING. THE ROLE OF ANALYTICS

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

Culture and Sport now is a very popular term, oftentimes, maybe even overused. What does the culture mean? It's just about the things that you choose to emphasize. Well that you choose to enforce to your players your staff and your team. So whatever those things are, you have to figure out what's most important to you.

A head coach' job is less about X's and O's, and a lot more about leadership. The NBA has a big staff of 15 people, including four senior coaches, four player development coaches, and a support staff. The head of the staff is responsible for skill acquisition, skill development, and preparing individual programs for players. The support staff includes three video coordinators, who help younger players learn the league terminology and coaches' tendencies. The analytics department, consisting of five or six people, is responsible for game planning and interpreting data. The analytics person is embedded in the staff for game planning purposes and a newly hired staff member prepares a game plan and reviews it after each game.

Coaches are working in the arena of ideas, being tasked with decision making all the time and leading groups of people who all are in their own right trying to grow their careers. Figuring out how to be a good teammate amongst the staff or managing staff is extremely important. And it's important, mostly because it is what the players will sense from you. The staff is here to change the fortunes of the team. Solid is not enough. That's saying like, we want to be average, we want to be mediocre. That's not going to get us where we're going to we're trying to go.

There's a lot of different leadership styles. But every leader has exactly one thing in common and that is why people follow them. Everybody in the team and staff have flaws. We

want to embrace our flaws. Elite sport is a very tough environment. Most things at the top are about competitiveness. So it's an emotionally turbulent business.

As a coach, that's your job is to remove all the obstacles to winning.

The values of staff:

Energy. I'm a huge energy believer. This is not about us. This is about the players. This is about ideas. This is about being a self starter. This is about not having to be told what to do, how to do it, fulfilling your role, like I want creative people. Coaches job is to try to manage the staff team. I don't have all the answers. I want to be challenged in the right way by our staff. I want our staff to challenge each other in the right way. But when we leave the room, and go in front of the team, no matter what has been discussed and what we may or may not agree on, the team should never know that we didn't all agree. This is the way we are going to be able to maximize the player's energy and we're not going to tell them repeatedly how tired they are.

Communication. It's important to train how to communicate with players. We want to speak in headlines. So there's no confusion and there's immediate understanding and application. The principle that we live by, it's something I just called brutal truth. We have to be brutally honest with each other. Let me explain why.

Don't tell me about the problems. I need the answers. I need the solution. Players want answers. Hope is not a strategy. You can't sit there and hope that things are gonna get better. Staff must have a diversity of experience, you know, people who have played the game, people who look at it through an analytics window, whatever, they all bring a different perspective. I want a new voice a new energy and a

new direction with each drill during the practices.
With a big staff, you have to just avoid congregating.

Keypoints and message

Analytics:

The key is applying data, figuring out what matters and applying it to what helps to win, or what defines what you want out of your players or what helps your players. Analytics is a guide, it is not a God. I think this is where some organizations struggle.

Members speaking headlines. These little sayings helped me communicate with players because they're different. They're unique. They're highly engaging, and players remember them; „Armani suit“: the reason I use these terms with players is because they understand them, I tell players all the time, that you are already wearing an Armani suit. You're extremely talented, I am not going to change your game, I'm not going to do anything significantly to alter who you are, and the great player that you made yourself to be. I'm just going to tell him the following, he's gonna look a little nicer in it.

Late game situation:

My message about late game situations is that yes, you have to be prepared and you have to know what you're doing

ORGANIZING MULTI OPTIONAL OFFENSES

ERDEM CAN

Head Coach of the Anadolu Efes

The majority of the offenses in the NBA and European basketball are: ball screen offense, isolation, off ball screen actions and post up plays. Other option can be read and react offense to make our player's actions unpredictable for the defense. Instead of reacting with different offensive options to defensive tactical changes, multiple option offense will produce fast decision making regarding the defensive concept. Therefore the offense will keep up intensity and fast movements without the ball. A well structured read and react offense with combining more and more offensive actions will create more unpredictable offense against any kind of defense.

The most used set up is the four corners set up in today's basketball. All the screens we use in this offensive set up, we break down to small sided drills as a teaching process. From the top level to the lowest level we have to insist on the details. One of the key things is to be a scoring threat all the time and to keep the dribble live until we pass the ball. Holding the ball too much is killing all the other options of the offense. Timing is essential for the connection between players, also we want to keep all players on the floor and not to make decisions up in the air. There are exceptions, but at lower levels is much more effective to use stops and pivots before toward the ball.

The methodology of the teaching progression is to break down all the offensive options for every positions to 3on0 and 4on0. After we move on with all these details to 5on0. All we want is to create creativity but staying in the structure. One step and one second are everything during the teaching process. The key things during teaching are speed, spacing, keep the ball alive and the importance that moves has to be decisive and sharp. Another important thing is pace which has to be 0,5s. What we play is not important! How we play is important! At the end we have four corners set up play with

multiple options and we can play through all the defensive situations by reading at reacting.

BASKETBALL COACHES' FEEDBACK: THE SCIENCE AND ART BEHIND

MAR ROVIRA

Sport Scientist - Spanish Olympic Committee

Mar Rovira gave a theoretical introduction to giving feedback and the fundamentals of operant conditioning, a learning methodology. In the second part, she conducted an exercise with conference attendees to help them implement it in practice.

Coaches are teachers who must teach skills, strategies and behaviors by providing the best possible feedback.

Positive reinforcement: If we add something useful or pleasant the Player will repeat it again. Every time the Player does a good defense, a good effort, the trainer reinforces/rewards him by clapping, cheering or with simple phrases such as 'very good', 'well done', 'bravo'. This is a simple and cheap tool for creating a powerful, empowering and honest environment.

Negative reinforcement: I remove something unpleasant after good behavior such as removing bus trips and replacing them with plane trips.

Conditioning shaping. It is critical in training young Players to get closer to the right behavior. Rewarding the approximation of the final conduct helps to develop the Player's attitude. General encouragement fosters a positive work environment, but players interpret it in terms of motivation or emotion rather than learning.

We spend 90% of our time correcting and pointing out mistakes, and only 10% rewarding good behavior. However, at the end of the game, the Player would feel useless and unworthy rather than positive and motivated. A 60% to 40% ratio would be ideal.

Positive punishment means that I add something unpleasant after a bad behavior, which means as a social punishment I yell, I insult, I make fun of the Player or I would be sarcastic. Surprisingly, many coaches use this tool. This should

be avoided because it can lead to aggression. Never attack Players self-esteem.

Negative punishment: Taking away something they enjoy, for example, the Player should pay every time he is late for training. Nobody will show up late in a week. Negative punishment can be beneficial, but if it comes with the explanation of the right behavior we want to implement.

People do things depending on the consequences. They do something if it's useful or significant for them or if that allows them to avoid something unpleasant. The way we use reinforcement and punishment can drastically alter behavior.

Punishment is effective for decreasing and/or eliminating attitudes and behaviors. Our behavior improves or has the potential to improve or remain stable when we use our rewards.

Punishment with a technical instruction is ineffective since you want the correction to be done; instead, make the correction on its own or with reinforcement.

The lack of reinforcement: In order to foster self-training, the coach must know when to provide feedback and when to remain silent. Players must also learn how to train themselves. Following an unsuccessful behavior, the coach can offer contingent congratulations so that the Player understands why he has been appreciated. It is more difficult to do when the coach is under pressure, but it is worthwhile. Alternatively, he can ask, 'What's the problem?' to make the Player consider the action and therefore generate clever Players. Following mistakes give reflection, technical instruction or guidance.

Ignoring mistakes that are unrelated to the purpose of the practice can be highly beneficial in making the Player be-

lieve that he is wonderful and that he can progress.

Having conversations with Players and knowing their personal issues help to establish relationship based on trust and to create a 'carrot list' that helps to integrate their personal preferences in the rewarding system avoiding the development of an autocratic leadership.

Four steps of providing effective feedback:

1. Demonstrate what is well done. Give encouragement. Praise the Player for what he has already accomplished.
2. Describe briefly and clearly which of their actions is nicely done.
3. Identify the appropriate consequence from the Player's carrot list you can use.
4. 'Keep going'. 'You're good'. "Keep it up like this'. Say something that inspires optimism and a desire to continue developing.

Good examples of supportive feedbacks:

- Great job. You made a great cut with excellent timing. You didn't get the ball, but we just made the wide open space as a result. So keep doing a great job.
- It was a very difficult layup because you use your body very well. Keep going because you were the main reason why we win the game.
- I admire your shooting technique because you extend your elbow and snap your wrist. This is the most effective way to score. So keep doing that.
- Your first step was wide enough to allow you to reach the rim. Keep going.
- That was a great shot that allowed us to win the game.

DYNAMIC SHOOTING DRILLS

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

The main goals of these drills are learning the offensive actions, taking game shots in the rhythm of the offence and reinforcing the shots that our team want to take. We must look at layups, shots at the rim and open three point shots. It is important to have in our mind, how the opponent team will play defense against our team. We have to prepare our team for the possible open shots we have to take. The purpose of the drills are to take uncontested layups and open threes. We do this shooting drill as muscle memories for our offence. The top criteria for decision making is spacing, moving without the ball. Players must maintain good spacing, let the defence choose and the pass will be obvious.

When we get to the randomness of playing five on zero basketball, or five on five, we talk a lot about the guy with the ball making quick decisions, a point-five mentality. Most of the time, during the basketball game, everybody watches the guy with the ball. If he's not doing something quick, everything slows down because he's not doing something fast enough. Therefore, the other rule we have, is we always say when you're off the ball, watch the man in front of you, he's going to tell you what to do.

PROGRAM DESIGN: CHALLENGES AND SOLUTIONS

ROUNDTABLE

CHRIS FINCH

Head Coach of the Minnesota Timberwolves

MAR ROVIRA

Sport Scientist – Spanish Olympic Committee

ERDEM CAN

Head Coach of the Anadolu Efes

MODERATOR:

PROF. DR. SC. IGOR JUKIC

There is a great emphasis on player development in short, medium, and long term. When the season is broken down into sets of five games, it is easier to set precise objectives, achieve improvement, and pay attention to every single game. In the league, there is a growing emphasis on load management and resting players, which can be seen as a status symbol for some team members. However, there is no scientific evidence to determine the value of resting, and it may send the wrong message to the team. In a league where every game matters, maintaining the mentality of winning the next game is crucial.

It is suggested to distribute the load in a shorter, more intensive periods, focusing on information and tactical adjustments. This approach helps maintain the same performance for the main players during the season.

Emotional load is a critical component of player preparedness, as they often experience a variety of emotional states during a game. In order to manage these emotions, it is essential to distinguish between negative and positive experiences, as well as anxieties. In the NBA, balancing between games is necessary, but it is essential not to feed into the mentality that every game is just another one. By setting context and communicating with players, teams can better manage their emotional load and ensure a successful game. When a team is losing, coaches should be focusing on supporting the players rather than being harsh on them. This allows a more positive and open-minded approach to handling mistakes. Knowing players' personalities is beneficial for optimal performance and avoiding ego wars. Ego control drives talent and stubbornness. Great athletes possess both ego and competitiveness, which can be harnessed to unlock

their potential. Managing these traits effectively is essential for a team's success.

In stressful circumstances it is important to analyze the given situation and the reactions of people involved. It is also essential to consider the team dynamics and the role of each player in the team. By stepping back and focusing on team dynamics, players can develop a better understanding of their own roles and react appropriately to different situations. This approach helps maintaining a positive team spirit and avoiding negative consequences.

Players often face physical and emotional challenges of a congested schedule in the NBA and Euro League as well. On the road they can focus on the game more and avoid external pressures, such as family or work issues. Routines are crucial for athletes to build confidence and perform well. Constantly changing routines can help reduce anxiety and improve mental preparation. In a congested schedule, it is important to keep a strong connection within the team, assign individual coaches and keep players engaged with strength and conditioning coaches so that 'low minute players' can feel integrated as well.

In the NBA, morning practice sessions are preferred, as they allow players to rest before the next competition phase. Morning practices are beneficial for players' physical and mental well-being. The last half of the practice focuses on game shots rather than stationary shots. The timing of these practices depends on the game time and the players' game assignments. Coaches agree that two practice a day is not productive.

The debate between biology and psychology revolves around practice time and whether to stay at a game destination for a night or travel right back home. While some studies suggest that players are more likely to stay in the city after the game, others argue that it not necessarily means the players will go to sleep due to high adrenalin levels. In the NBA it depends mainly on the game schedule while in Europe rather on the available flights.

Game day routine includes waking up at 10 am, having a short meeting after breakfast followed by a 45 minutes “shootaround” practice. Lunch is scheduled 6 hours prior the game. Afterwards a nap and snack is provided. The team departs 2 hours prior the game to the gym where they immediately start taping and warming up. There is a pregame meeting in the locker room and finally the team is ready to win the game. Listening to music or making jokes can create a relieved pre game environment that helps the team in a successful preparation.

When working together with the referees, negative body language should be rejected. Basic personal respect should be given both ways.

Money can be a huge motivational factor for the players. Small bonuses for winning games were much appreciated by them and unexpected financial support can also be highly motivational.

The chemistry of the locker room is very significant, which is considered as a sacred zone for the players, where they desire to speak with one another without being judged by others. Typically, the head coach does not attend.

Take home messages: Pushing the ‘fast forward’ button through experiences can hinder preparedness for important situations, but a solid foundation is crucial for personal and professional growth. Overnight success takes 10 years.

Invest in yourself and be prepared for the right opportunity.



Center for Basketball Methodology and Education

4th INTERNATIONAL BASKETBALL CONFERENCE

16-17 July 2023, National Basketball Academy, Pécs



Multipractice 2.0

Elite Basketball as a Fine-tuned Concert of Players, Coaches and Experts

The 4th International Basketball Conference as a continuation of last summer's 'Multipractice', hosts outstanding sport professionals again. Plenary presentations and on-court sessions will be held at the National Basketball Academy, Pécs, by **Chris Finch**, head coach of the 2022-23 NBA play-off participant Minnesota Timberwolves, **Erdem Can**, new head coach of the two-time Euroleague champion Anadolu Efes, **Prof. Dr. Sc. Igor Jukic**, ELPA Advisory Board co-founder, head of the 'High Performance' Sports Center of the Croatian Olympic Committee, **Mar Rovira**, sports psychologist, head of the Mental Skills program at the Euroleague Officiating Department, and **Marcell Pongó**, Hungarian National Team basketball player, traveling ambassador of the Rátgéber Academy will also be present at a round table discussion.



Center for Basketball Methodology and Education

4th INTERNATIONAL BASKETBALL CONFERENCE: MULTIPRACTICE 2.0

*Elite Basketball as a Fine-tuned Concert of Players,
Coaches and Experts*

PROGRAM

16-17 July, 2023, Pécs

Day 1 - Sunday (16 July)

8:00-8:45 Registration

8:45-9:00 Opening Session

Dr. habil. László Rátgéber, PhD, Center for Basketball Methodology and Education, director

Márton Báder, Hungarian Basketball Federation, president

Prof. Dr. Tamás Sterbenz, Hungarian University of Sport Science, rector

István Decsi, University of Pécs, chancellor

9:00-10:00 Plenary Session

Chris Finch – Modern Offensive Philosophy

10:00-11:00 Plenary Session

Erdem Can – Path from Being an Assistant to Head Coach

11:00-11:15 Coffee Break

11:15-12:45 On-Court Session

Chris Finch – Building a 'Read and React' Offense

12:45-14:15 On-Court Session

Erdem Can – Using Off Screens

14:15-15:30 Lunch Break

15:30-16:30 Sport Science

Prof. Dr. Sc. Igor Jukić – Periodization in Basketball: Science for/ vs. Real Life

16:30-16:45 Coffee Break

16:45-17:45 Roundtable

Chris Finch, Erdem Can

Moderator: **Prof. Dr. Sc. Igor Jukić** –

Program design: Challenges and Solutions

Day 2 - Monday (17 July)

8:00-8:30 Registration

8:30-10:00 Plenary Session

Chris Finch – Behind the Scenes of an NBA Program. Staff Management, Practice and Game Planning. The Role of Analytics

10:00-11:30 On-Court Session

Erdem Can – Organizing Multi Optional Offenses

11:30-11:45 Coffee Break

11:45-12:45 Plenary Session

Mar Rovira – Basketball Coaches' Feedback: The Science and Art Behind

12:45-13:45 Plenary Session

Mar Rovira – Basketball Coaches' Feedback: On-Court Applications

13:45-15:00 Lunch Break

15:00-16:30 On-Court Session

Chris Finch – Dynamic Shooting Drills

16:30-17:30 Roundtable

Chris Finch, Mar Rovira, Marcell Pongó

Moderator: **Prof. Dr. Sc. Igor Jukić** –

Building the Team: Rules, Roles and Responsibilities

17:30 Closing

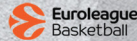


Chris Finch 



Head coach of the Minnesota Timberwolves

An American professional basketball coach and former player who is the head coach of the Minnesota Timberwolves. After graduating from Wilson High School, Finch attended Franklin & Marshall College where he was a two-time All-American basketball player. Upon graduation, he played in England for the Sheffield Forgers/Sharks (1993-1997). He also coached the Great Britain men's national team at the FIBA EuroBasket 2009, FIBA EuroBasket 2011, and the 2012 Summer Olympics. IN NBA, he was previously an assistant coach for the Houston Rockets, Denver Nuggets, New Orleans Pelicans and Toronto Raptors.



Erdem Can

Head coach of the Anadolu Efes

Head coach of the two-time Euroleague winner Anadolu Efes. As assistant coach, he worked for Fenerbahçe between 2012 and 2021. Under head coach Željko Obradović, he helped the team to win four Turkish League Championships, three Turkish Cups, five Euroleague Final Fours, three Euroleague Finals, and a Euroleague title in the 2016-17 season. Also, he was an assistant coach under head coach Igor Kokoskov. Can was an assistant coach for the Turkish National Team at the EuroBasket 2017 and assistant coach for Utah Jazz in the 2021-2022 season. Last season he was the head coach for Türk Telekom Ankara of the Turkish Basketball Superleague.

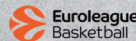


Prof. Dr. Sc. Igor Jukic, PhD 



Sport Scientists, Advisor of ELPA

High-performance specialist in sport, founder (2003) of the "European Physical Conditioning Association", founder and Advisory Board member of the Euroleague Players Association (ELPA). European champion with U18 Croatian National Team in 1996, and with U20 team World Championship silver medalist in 2001. As member of the Baskonia-Alaves Group from Spain he established a unique high-performance system (BAL). Head of Croatian High Performance Sport Center, as a part of the Croatian Olympic Committee.



Mar Rovira

Sport Scientist – Spanish Olympic Committee

Professor in Sports Psychology at Tecnocampus-Pompeu Fabra University (Spain). As a Sports Psychologist Mar worked with countless clubs, including F.C. Barcelona among others. She is running the Mental Skills program at the Euroleague Officiating Department and is member ELPA Performance Advisory Board. Mar has worked for 10 years with top professional athletes and coaches from basketball, Moto GP, soccer, tennis, swimming, padel and others. Mar is founder of Themoove, company that helps players in their retirement transition. She is also a former professional basketball player and basketball national coach.



Marcell Pongó 



Hungarian National Team player

Hungarian National Team basketball player, traveling ambassador of the Rátgéber Academy. Between 2015 and 2018 he was a player of the Rátgéber Academy, then after playing for Germany's Ratiopharm Ulm, Weisenhorn Youngstars, Nürnberg Falcons and Crailsheim teams, he signed a contract with Arconic-Alba Fehérvár in 2021, with whom he won a bronze medal in 2021-22 and then a silver medal in 2022-2023 in the Hungarian Championship. From the summer of 2023, he is a player of the Hungarian Champion Falco-Vulcano Energia KC Szombathely.

CENTER FOR BASKETBALL METHODOLOGY AND EDUCATION

According to the decision of the Hungarian Government, the National Basketball Academy, Pécs, was awarded the title of the Center for Basketball Methodology and Education which started its operation on January 1, 2021. The primary goal of the Methodology Center is to offer support for talented athletes, to provide elite training and education for basketball academies at the highest possible professional level to achieve this goal, the Hungarian sports academies and the Hungarian Basketball Federation must cooperate constructively.

“In youth education, the training structure needs to be steered in a direction that meets the requirements of the 21st century. In order to achieve this goal, it is necessary to think together, to designate a common direction and path, which would enable to raise the level and quality. This requires the “gray matter” that sports academies represent! With the management of the Methodology Center a value-base must be created, guidelines must be defined that will take the complete youth education in the right direction”

Dr. Sándor Sáfár, PhD (Project Manager, National Sports Agency of Hungary)

“We all have to work together; we need to help each other because we depend upon each other. But we should seek cooperation not only within basketball, we also have to be open to a closer relationship with the methodological centers of handball and football as well. Our task is to make product out of intellectual output! All the resources have been given to apply the accumulated theoretical knowledge into practice: not only we need to catch up with other sports nations, but we must show new ways and new directions”.

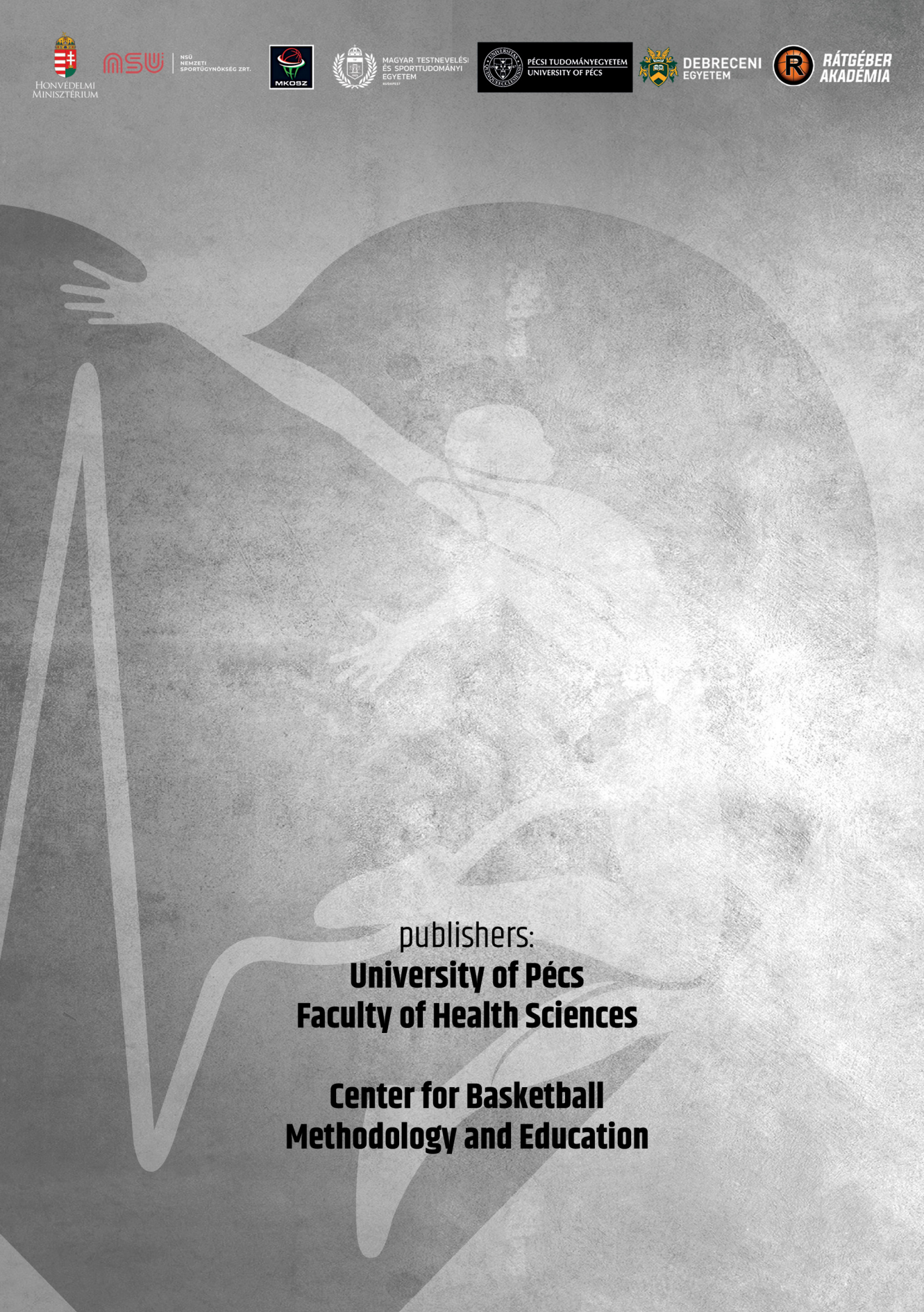
Dr. László Rátgéber, PhD, habil. (director, Center for Basketball Methodology and Education)

The Methodology Center has set many goals and tasks. Among the main objectives are: providing a scientific background of sport performance and sport development, advo-

cacy of the sports academies, establishing constructive cooperation with institutions of higher education (University of Physical Education, University of Debrecen, University of Pécs), sport organizations, the Hungarian Basketball Federation, and professional committees. In order to raise the level of the quality of basketball our main tasks include to carry out sports science research, to provide quality assurance of professional materials, to control them, to collect and provide feedback, thus to create PRODUCT FROM INTELLECTUAL OUTPUT.

NOTES

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