



UNIVERSITY OF PÉCS
Faculty of Health Sciences

SPORT- AND HEALTH SCIENCES notebooks

**5th International Basketball Conference -
Excellence in Basketball**

ABSTRACTS



**Center for Basketball
Methodology and Education**



SPORT- AND HEALTH SCIENCES NOTEBOOKS

5th International Basketball Conference - Excellence in Basketball

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Editor:

Dr. László Rátgéber, PhD, habil.

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MESSAGE FROM THE ORGANISING COMMITTEE

Learning and inspiration - these are the key words. The discipline and the opportunity offered by such conferences are crucial for the future of a sport. Strategy development requires successful and highly educated professionals.

We should never be ashamed of learning new things. Whether a sentence, a word or just body language inspires the participants, it was already worth organizing the conference. In the summer, we will hold our 6th International Basketball Conference at the National Basketball Academy. These conferences are like six semesters of a master's degree.

Together with the Center for Basketball Methodology and Education we have organised 23 coaching clinics with 170 presentations, 5 international basketball conferences with 73 theoretical and practical sessions, 3 conferences on sport science and innovation with 30 presentations, have held rehabilitation courses and more than 40 workshops and webinars, have increased international visibility by building connection with FIBA Europe NBA, WNBA, NCAA,

EuroLeague, EuroLeague Women, ELPA and with other sport organisations from more than 20 countries, have published 10 books, 8 book of abstracts, have translated FIBA's 1500 page handbook into Hungarian, wrote a textbook for the Hungarian University of Sport Science and the University of Pécs, published reviews, articles - and if this with all of the materials of the six 'semesters' can be implemented into the Hungarian basketball culture, then we will definitely make progress! These are actually big steps, sensational things, the consequences of which we will feel only later in the slow process of culture building.

We could witness fantastic lectures and on-court sessions in Pécs again, as following the NBA coaches this time Sergio Scariolo arrived to this unique conference. I am glad that star coaches enjoy being here and that we could be their good hosts. We will incorporate the philosophies and thoughts of the highly successful and authentic coaches into our daily work thus we could become better tomorrow than we are today.

Only the participants' broad vision and inclusion set the barrier of how much they can benefit from the experiences and interactions at this conference.

Be open-minded and take advantage of the opportunity.

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

The key development factors are openness and empathy. You have to learn every possible thing from your colleagues. Such conferences and professional trainings offer a great opportunity for this. I am personally constantly learning, analyzing and working with passion. That is my secret. I can handle the pressure and feel blessed to have been given the talent. I accepted László Rátgéber's invitation because I am trying to return part of the numerous things I received from the basketball family.

“Basketball means everything to me. It’s my life. This is what I want to do as long as I live.”

I visited the premises of the National Basketball Academy and the Rehabilitation Center and I have to say, they represent a very high standard. It is impressive for basketball lovers. Not only the buildings, tools and equipments, but also the organization is impeccable. László's footprint is distinctive in Hungarian basketball; everything is mature here at the Academy: the philosophy and concept are clear, state and corporate financial support is given. Although former presenters Nick Nurse and Chris Finch, my colleagues gave

only positive feedback, the reality exceeded my expectations. You can be proud of this establishment.

I advise the Hungarian professionals to be patient, not to expect an overnight success – it will certainly come. The investment will pay off slowly, so it is important from time to time to check whether the direction is right and whether the system is being built properly. During the process, not the numbers on the scoreboard but the clear vision matters.

Sergio Scariolo,

Head Coach of the Men's Nation Team of Spain

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ABSTRACTS OF PLENARY PRESENTATIONS



ACHIEVING THE DESIRED LEVEL OF AGGRESSIVENESS AND FOCUS IN DEFENSE

ALEKSANDAR DŽIKIĆ

Head Coach of the Men's National Team of Georgia

FILIP MIHAJLOVIĆ

Strength and Conditioning Coach, Men's National Team of Georgia

There is a firm belief that there is not one right way we should do things, because there are different teams, different players and different clubs. Defense is still a very essential part of winning, some teams are made to outscore the opponent, but at the end of the season, you can't rely on this. In this topic rules are very important too, believing in concepts, working on them, so they become habits. Good defensive teams are not built to outscore, they are built to play organized.

What truly is important to build an aggressive team, is preparing players for basketball, which means practice planning, especially on something that we call energy level, controlling the level of energy that we are investing according to the goals in the next game. To maintain focus we need to respect what is the most valuable information that we can give to the players (by the information we mean: exercise, movement, stimulus or neurological stimulus), keeping the brain free, not overloading it with pieces of information. From this perspective if you want your team to be aggressive you need to work like this every single day, in each practice is important to prepare the players mentally and physically to be ready for the main task. When selecting drills for reaching the desired level of aggressiveness in defense, you don't need to be super creative, drills must be easy and achievable, and those shouldn't put the players in some mission impossible scenarios where they are successful only every fifth time. In defense, during the preseason thing, every defensive concept, every rule and every tendency are in three days, after that, we must work on it. The first thing in defense to talk about is ball pressure, what kind of ball pressure you want to achieve and where you want to pick up the ball. After this, the next question you need to answer is how close you want them to the ball.

There is no player, at any level who is playing the same if you put pressure on him. What we call serious and responsible defense is when the players understand and focus on our goals, rules and concepts for 40 minutes.

Keywords: aggressiveness, defense, focus

HOW IMPORTANT IS STRENGTH TRAINING FOR BASKETBALL PLAYERS?

DIMITRIJE ĆABARKAPA, PHD, CSCS*D, NSCA-CPT*D, USAW

Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas

It is well known that strength training can induce notable improvements in muscle force and power production, body composition, and motor control, ultimately leading to enhancement in sports performance. Previous research has revealed a strong relationship between maximal upper- and lower-body strength and playing time on various levels of basketball competition (e.g., youth, collegiate). Also, greater levels of lower-body strength and power were shown to be positively associated with the players' ability to compete at higher levels of play (e.g., EuroLeague, NBA). Similarly, greater concentric, eccentric, and isometrics strength were found to be strongly correlated with athletes' performance on change-of-direction tests (e.g., 505 and T-test). Moreover, the findings of a recently published research report indicated that both male and female basketball players needed to possess adequate levels of upper- and lower-body strength to attain satisfactory free-throw, two-point, and three-point shooting efficiency. Thus, it is of critical importance for sports practitioners to focus on developing and implementing adequately periodized strength training programs throughout the full competitive season span to help athletes improve on-court basketball performance.

Keywords: strength training, performance, body composition

PRE-SEASON

ALEKSANDAR DŽIKIĆ

Head Coach of the Men's National Team of Georgia

FILIP MIHAJLOVIĆ

Strength and Conditioning Coach, Men's National Team of Georgia

Coach Džikić and Coach Mihajlović reviewed their experiences during Hapoel's previous two preseasons in Jerusalem. Coaches' primary job is to maximize players' strengths or abilities and hide their weaknesses. As head coach I want to surround myself with people who are sharing my beliefs and ambition. Team chemistry is the sum of your private interest that you are ready to give up in order the team to achieve it's goals.

First year, we created habits to work on, we established the rules to put in concepts automatics, defense offense, transition,

"X and O-s", but also understanding what kind of work is expected.

Contrary to other coaches, we like to organize the preseason starting with the first official game, such as the Super Cup game against Maccabi, and going backwards to determine what we need to accomplish by October 1. This approach allows us to focus on the level of basketball we want to show on October 1. There is zero tolerance during the preseason "gathering practice" on August 15. Every player should be there followed by a four-day-off to fix all potential off court issues and complete medical exams. Two prime priorities of the preseason are to have everybody healthy and to create a cohesive team, which leads to easier planning and programming for the rest of the season.

We have to be time efficient making giant steps towards the goal. And that is being ready and being able to play basketball the way the head coach wants, so the first five days of the preseason is used to evaluate the players and start practicing only afterwards.

Each team is built around the coach, the leader, who sets

the mentality, the tone, the direction and everybody follows him. We use the games, also for the coach to reach his peak, because coaches also have fatigue.

We have to lift the players up to be responsible enough to win under pressure.

Pay attention to the the team's reaction to different types of travelling (by bus or plane, etc.).

Communication and having predictable rules is very important within the team.

"The protocol of five red flags"

1. **get to know the players** - build the practice around the 2, 3, 4 guys that the coach believes will run the system, because they're going to be "go to guys" during the season so we have to give them more time to reach the level we want.
2. **taping** - Tape is applied slowly, understanding the player's movement and allowing the brain time to readapt. This ensures proper contact and recalculation of movements.
3. **intensity** - We try to lift intensity and efficiency movement one-on-one to scrambling as high as possible and maintaining the physical part, like efficiency and intensity in those kind of movements.
4. **contact** - We need to adapt on contact, another force attacking the body in a different direction, different angles. In different random situations we try to mimic the game as much as possible.
5. **prep game** - On a totally unpredictable preparation game we go a little bit backwards: we drop demands, like controlling the minutes, the way we play, the op-

ponent, lower the risk as much as possible. We provide enough time to the players for their bodies to adapt on every stimulus that we are going to give them.

After all these flags are checked, the team is ready for load and periodization. Maintaining the stability of the team is crucial as an injury can cause everything else to collapse.

In the second part of the preseason the same microcycle is introduced that the team will face during the season. Similar load and similar rules about rest and preparation. The practices are adapted to the games. We try to mimic the season as much as possible. Four main parts of our practices: transition, half court, defense or offense, half court plus followed by playing only after the preparation. Shooting comes before or after the practice, it is not counted as part of practice. During the first two games we are stepping into unknown territory, meaning we cannot control the opponent team's actions. The level of physicality, the level of movement, it's uncontrolled for now. On the first two games we control minutes more than intensity.

Keywords: game preparation, red flags, microcycle, planing

STRENGTH TRAINING FOR BASKETBALL, ACCORDING TO GAME MODEL

Dr. FRANCESCO CUZZOLIN, PhD
Head of Performance - Olimpia Milano

During his plenary lecture, Francesco Cuzzolin discussed the transition from scientific knowledge to practical application, with a specific focus on strength training for basketball players.

He emphasized the importance of injury prevention strategies and the necessity of appropriate strength training, highlighting the analysis of game models and strength training zones. These concepts are not exclusive to basketball but can also be applied to other sports such as football, volleyball, and rugby. In basketball, strength, and stability are generated using the entire body, making it essential to shift our approach from analytical to sport-oriented. This new approach prioritizes patterns over basic movements and emphasizes actions that integrate movements toward specific objectives. Training should target the function of specific strength to particular movements rather than merely focusing on structural development. Whether general, specific, or special, strength training plays a crucial role in enhancing basketball performance, it is essential to adopt a rational approach to address players' needs during the competitive season. Traditionally, strength and conditioning coaches and basketball trainers have often emphasized cardiovascular conditioning, often pushing players to run long distances. However, research indicates that excessively increasing aerobic power can be hazardous, particularly in intermittent sports like basketball. The most effective training methodology is one that aligns closely with basketball performance models and integrates sport-specific skills, force production, and rate of force development. Basketball movements are dynamic, non-linear, and unpredictable, requiring an impulsive approach for success. Therefore, utilizing such a model can yield better outcomes than conventional strength training methods. Resistance training for basketball should integrate traditional resistance exercises with basketball movements, focusing on factors like load, speed, and coordination. Combining explosive movements with traditional exercises

can be challenging due to the need to manage inertia and accelerate effectively. Alternative methods such as using light weights, emphasizing acceleration, and enhancing coordination can contribute to overall performance improvement. In contrast to traditional resistance training, which typically involves movements with consistent resistance, often influenced by gravity (e.g., bodyweight or free weights), Cuzzolin advocates for injury-reducing strategies rather than simply preventing injuries. This approach involves a holistic consideration of various factors, acknowledging that relying solely on research and studies may not always yield optimal results. Athletes are encouraged to learn how to teach their bodies to achieve optimal efficiency when performing complex exercises. Following the plenary session, attendees had the opportunity to observe basketball-specific strengthening exercises and sport-specific basketball movements.

Keywords: scientific knowledge, strength training, practical application

INTERPRETATION AND SIGNIFICANCE OF ANAEROBIC THRESHOLD IN BALL GAMES

TIBOR FÜLÖP

Performance Diagnostic Specialist, Sport Professional
Director Sports Medicine Center, Budapest

Fatigue is a normal result of exertion, although its severity and symptoms vary. Exhaustion increases the likelihood of movement coordination abnormalities, as well as the rate of technical execution errors. As a result of impaired concentration and decreased physical performance, the frequency of tactical errors increases. Technical and tactical failures by players destroy collaboration and harmony, causing team play to disintegrate. The inevitable result of this is inaccuracy in both defense and offense, which, combined with an increase in the number of baskets received and a decrease in scoring opportunities, leads to loss. Incorrect movement execution and overloading significantly raise the risk of injury. The team is made up of individuals. In their case, the development of endurance can be an important part of prevention, which means two things: on one hand, improved endurance and on the other hand, rapid regeneration.

Since endurance is the basic ability of all types of sport specific endurance, the development of the aerobic system behind it, i.e. the ability to absorb oxygen, is of particular importance, the foundations of which must be created between the ages of 14-21, in youth sport. The aerobic system is responsible for regenerating the phosphate system (anaerobic alactacid) and the glycolytic system (anaerobic lactic acid), both of which play essential roles in the athletic demand profile. From this perspective, the speed of the lactate threshold (LT1/VT1), also known as the aerobic extended zone, is crucial since the question is how much effort and how quickly the player can reach this regeneration spectrum between intensive training phases.

This is the key to regeneration during the game, and it may significantly impact the delay of fatigue during acyclic loads. Long term competition specific endurance performance is determined by both the glycolytic and aerobic systems, i.e. lactate production (VL_{MAX}) and lactate processing (VO₂MAX). The most common performance diagnostic test, the

lactate step test can help to discover endurance indicators and define individual intensity target zones, which provide essential information for optimizing skill development by examining the metabolic background.

This also provides the values of the metabolism-based target zones for personalized setting of the performance monitoring systems, because the heart rate ranges are actually heart frequency projections of metabolic units, not cardiology units.

Keywords: performance diagnostics, fatigue, endurance, lactate threshold, anaerobic threshold

COMMUNICATION BETWEEN STAFF MEMBERS IN BASKETBALL TEAM: RULES, ROLES AND RESPONSIBILITIES

Prof. Dr. Sc. IGOR JUKIĆ
Sport Scientist, Advisor of ELPA

Good communication is the basis of interpersonal relations. This especially applies to relationships in top sport, top basketball. However, good communication is the basis of good relationships between people in everyday life. In family, friendship, at work.

High performance sport systems have their own structure and functional relationships. Usually, high performance staff consists of specialists of different profiles who have a unique task - to help the head coach in making the best decisions for the team and for the individuals in it.

The first step in creating a stimulating atmosphere and good communication is the selection of quality people who are ready to subordinate their personal interests to team goals. In addition to the psycho-sociological background and soft skills that staff members need to learn and improve, it is extremely important that each team member improves in personal development. Among the most important personality segments that influence daily communication in the team are ego control and empathy.

Technically and operationally, it is extremely important to define rules, roles and responsibilities in any system. Also, each team member should have a sense of belonging to the group, should feel that he is an important part of the system and should be aware of his role clarity. That's why incentives are very important so that every member of the high performance team has a sense of importance in the group. Also, the leader's task is to create an atmosphere based on optimism and mutual trust. Creating a stimulating environment for all stakeholders in the system is the basis for the development and maintenance of sporting success.

The final goal of good communication is to achieve harmony

in the work of the team and all individuals involved in the system. To the extent that the harmony of mutual relations is achieved, extent that the harmony of mutual relations is achieved, to that extent the achievement of top results in team sports will be possible.

Keywords: communication, harmony, coaches, empathy, team, selection, ego, mutual trust

BASKETBALL SHOOTING FUNDAMENTALS: AN IN-DEPTH BIOMECHANICAL ANALYSIS

DIMITRIJE ĆABARKAPA, PHD, CSCS*D, NSCA-CPT*D, USAW

Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas

In the game of basketball, shooting efficiency has a large impact on securing the winning game outcome. However, despite its importance, there is a notable gap in the scientific literature focused on examining the biomechanical characteristics of proficient shooters. Thus, a series of recently published research reports by Cabarkapa et al. have attempted to address this issue and compare the shooting mechanics between non-proficient and proficient basketball shooters.

Proficient free-throw shooters were characterized by:

- lower elbow positioning during the preparatory phase of the shooting motion attained by greater flexion in the hip, knee, and ankle joints;
- less lateral elbow deviation (i.e., an ability to keep the forearm in near-vertical position);
- greater release height at the time point when the ball left the shooter's hand.
- Proficient two-point shooters were characterized by:
 - higher elbow positioning and greater elbow flexion during the preparatory phase of the shooting motion;
 - greater shoulder flexion at the time point of the ball release (i.e., release angle).
- Proficient three-point shooters were characterized by:
 - greater elbow flexion and an ability to keep the torso in near-vertical position during the preparatory phase of the shooting motion;
 - greater vertical jump displacement at the the time point of the ball release. Overall, these findings may help coaches develop clues that can be beneficial when working with basketball players to optimize mid- and long-range shooting efficiency.

Keywords: shooting efficiency, free-throw shooter

SWITCHING DEFENSE

SERGIO SCARIOLO

Head Coach of the Men's National Team of Spain

We are using switching defense in different moments of the game. We can have a team which is suited to run this defense or we can use it for a few possessions to receive some advantage. If we don't have a player in position five who can contain the ball well, the coach has to reduce the goals the player has to focus on. That focus has to be on the ball and to slow it down.

There is a difference between using the switching and abusing. It is not for saving energy, it is for attacking and making trouble for the offense. To achieve that, there has to be a rule. For example, four switches when 10 seconds left from the shot clock or five switches when 5 seconds left from the shot clock. It puts responsibility on all the players and they can not blame poor communication.

Principles are necessary to achieve a good defense. For example, when we know that we are closing to a switch, the on ball defender cannot allow a reject. The screen defender has to be up and ready for the switch but must maintain contact to prevent a slip action. Timing of the communication is the key, because we don't want our defenders to loosen up and forget about their full responsibility for the ball and the screener. Switching over or switching under always depends on offensive personnel and the results of individual scouting. The first rule of defending the mismatch is to keep the ball player outside the three-point line. The main concern is to know the ball player's individual skills, then considering our defending rules about the shooting spectrum. Simply the most effective shots we cannot give up. The more we will force our opponent to take contested pull ups, the better our defense will look. Coaches have to decide which shot is acceptable for their philosophy and which shot is considered an easy shot.

For the rotation, communication is the key. Players have to be ready to listen to their teammates and to preserve the

principle of keeping the best possible alignment as a team. Whatever we do on defense it can work or go wrong, but the idea is to have all the players on the same page with a top level of communication, with an exceptional level of reading the body language of our teammates. This is a main task coaches should work on with specific drills and specific demands.

Keywords: communication, principles, attack the ball, individual responsibility

TRAINING MONITORING WITHOUT TECHNOLOGY: FACTS OR FICTION?

DR. FRANCESCO CUZZOLIN, PHD

Head of Performance - Olimpia Milano

In this presentation, I address the complexities and practicalities of implementing effective monitoring procedures in athletic training, with a specific focus on basketball, without relying on costly technological solutions.

Based on my extensive experience in high-performance basketball environment, I intend to equip coaches and practitioners with executable insights and methodologies to enhance athlete development and performance.

The presentation begins by acknowledging the common belief among students and practitioners that effective training monitoring requires massive investments in technology, making it out of reach to those with limited resources. I challenge this notion by advocating for a proactive and resourceful approach to training monitoring.

Key themes explored include:

- **The Qualitative and Quantitative Nature of Training:** Emphasizing the importance of recognizing training as both a qualitative and quantitative process, I highlight the need for structured methodologies to improve athletes' ability and performance quality simultaneously.
- **Complexity in Basketball Environments:** Through the lens of basketball, the presentation underscores the inherent complexity of coaching and training in a dynamic sport, emphasizing the importance of error reduction and continual improvement.
- **The Role of Measurement in Improvement:** I am advocating for the adoption of various measurement tools and metrics to quantify athletes' progress, ranging from body weight and body fat percentage to performance indicators like vertical jump ability and sprint scores.
- **The Balance Between Measurable and Immeasurable Factors:** Looking into the nuanced relationship between measurable data and intangible factors contributing to athlete development, I stress out the need

for coaches to strike a balance between quantitative analysis and qualitative understanding.

- **Creating a Culture of Monitoring and Accountability:** Highlighting the importance of consistency and accountability in training monitoring, I urge coaches to create a culture of monitoring among athletes and staff.
- **Leveraging Efficiency and Technology Appropriately:** While I am acknowledging the potential benefits of technology, I caution against overreliance on costly solutions. I am advocating the judicious selection of tools aligned with specific needs and objectives.
- **Throughout the presentation, I will share practical insights, anecdotes, and real-world examples to illustrate the feasibility and effectiveness of training monitoring without extensive technological infrastructure.** By empowering coaches and practitioners to adopt a resourceful and proactive approach to monitoring, the presentation aims to facilitate ongoing improvement and innovation in athletic training practices.

Keywords: training monitoring, performance, technology

OFFENSIVE AUTOMATICS, DKS CONCEPT

ALEKSANDAR DŽIKIĆ

Head Coach of the Men's National Team of Georgia

FILIP MIHAJLOVIĆ

Strength and Conditioning Coach, Men's National Team of Georgia

Talking about offensive concept, some people call it reads when they react to the defense, talking about higher levels we can call it automatics, this basically means faster, more accurate and more precise execution. This system must be incorporated very early in the season so that the players can understand their position, their timing on the court. The essential rules of offense are basically more space and fewer players on one certain area of the court.

During spacing is very important to be behind the three points line, to play wide. Beside this, passing skills have a crucial role too, to be able to make shooting passes, which is basically a pass where you don't need to lift your elbows up, you don't need to reload. During the drives we always need to attack the rim with sharp angles, if we can't do this because of the aggressive defense and we are moving away from the basket, we can use handoffs too. Using cuts, the offense is plugging the gaps in their system, which means that they are establishing attacking points in offense, this is similar to paint touch, only it is executed without ball.

When offensive teams know how to move on the court and what to do, switching becomes hard to the opponent team, this is when we can talk about automatics instead of read and react.

Keywords: motion offense, drive and kick, read and react/automatics

TEAMWORK FOR THE SHOOTER

SERGIO SCARIOLO

Head Coach of the Men's National Team of Spain

To get the benefit of a great shooter is not easy. Sometimes these players are not as creative or not great defensive players. When we have a specific player, it will be demanding and challenging for the coach. Coaches have to put up good teamwork around to get the full advantage of this player, because the opponent will find a way to slow the shooter down. A team must be ready to calibrate the defensive strategies what the opponent will put in place to try to make the shooter less effective and react in the desired way. If the opponent's defense wants to concentrate, force their energies, their strength, and their activity, to prevent him or her from taking the best shot, they will miss something on other parts of the floor or other players. That has to be recognisable and our team has to be ready for that. Therefore our shooter has to be ready to become a passer in a hard stunt, a step up situation or when a switching takes place. A lot of times taking the shot is not the best situation for the team but we still make opportunities for the others to play the shooter.

A transition three-point shot is a great shot for a shooter because maybe the team will not find a similar open shot for our player later on in the game. Another option is to give well planned off ball screens. In these situations separation is the key. The shooter has to run into the defense and not toward the screen. It has to be sure that the defensive player is on the screen. That allows reading the defense and reacting well. The passer's responsibility is also huge who has to be ready for a curl, a fade away or a slip out at a switching situation.

It is also important and is a possibility to create a distraction earlier. That means the team has to sell a fake action to get attention on that part of the play like a pick and roll or a post play before we want to play the shooter.

The main principle is to prepare the team for the most common defenses. For that coaches have to work on this

during practices and create game situations we may face during a match. The priority is to work a lot without the ball, with the right passes, with the right moves. Players need to understand that we work on that as a team to support the shooters.

Keywords: separation, best shot, distraction, off ball screen

EFFECTIVE COMMUNICATION WITHIN THE COACHING STAFF ROUNDTABLE

SERGIO SCARIOLO

Head Coach of the Spanish Men's National Team

ALEKSANDAR DŽIKIĆ

Head Coach of Georgia Men's National Team

Dr. FRANCESCO CUZZOLIN, PhD

Hungarian National Team Player

FILIP MIHAJLOVIĆ

Strength and Conditioning Coach
of Georgia Men's National Team

MODERATOR: Prof. Dr. Sc. IGOR JUKIĆ

Coach Džikić emphasised at the beginning of the conversation that he always tries to set some standards in his teams, for the players and the staff as well. He highlighted that perhaps this is because of his cultural background, he does not like to praise his colleagues too much but tries to encourage everyone to focus on their work and do it to the best of their ability. He also considers it is important to be as loyal as possible to his colleagues. He stressed the importance of the role of the volunteers, he is always asking them do they want to come to the training sessions, but he always keeps one rule: if someone wants to participate in the training, he/she must do it on court, being an active part of the session. His focal point is that everyone in the changing room can say whatever they want, but as soon as they walk out the door, everyone must follow the same path and there is zero tolerance for "I told you so" comments.

Coach Scariolo mentioned that in soccer the coaching staff usually moves together to the next team, but in basketball, we don't have this pattern. During the discussion, he pointed out the importance of doing the coaching work with loyalty and commitment. At the beginning of his career he felt that communication meant basically talking and then he learned that if you create a good atmosphere around you and people can tell you how they feel, you've done most of the work. So he tries to be a good listener. He recognized that every human being is motivated by a different thing and he takes notice of their body language as well. He believes that everyone in his coaching team can say what they think and feel, even if they think that he was wrong about something, but it is important to do it at the right time and in the right

way. The debate should be open.

Sergio Scariolo emphasised that a coach has to be consistent with himself, he strongly feels it is a priority. He also highlighted the gravity of using the time and taking the time: a coach has to know what is urgent and has to be able to make the right decision at the right time.

Coach Cuzzolin is always looking for high level professional people. He expects that after in depth interviews, the team members will bring their knowledge, their experience on board. From that moment on, they are working together so there must be "full trust". He sometimes finds the main problem with staff members is that they are not able to work together because they are all top level professionals and no one wants to give in. This is why it is difficult to find people who can work together and can bring value to the group.

Filip Mihajlović talked about the difference between working for someone or with someone. According to the coach, people who are working with each other can do everyday jobs without external validation or motivation, on the other hand, working means that the assistant coach just follows what the head coach wants.

Aleksandar Džikić said that he can work effectively and deliver in a club where there is nobody between him and the president. He likes the direct line of communication. He used a restaurant analogy: let's see the club as a restaurant, which belongs to the president, who lets the head coach cook and then some good things may happen.

At the end of the discussion, the coaches shared some tips with the audience.

Dr. Francesco Cuzzolin emphasised that words have meanings so everything a coach says is important and he has huge responsibility. Filip Mihajlović said that finding trust and confidence is relevant and could help to have better relationships with people. Aleksandar Džikić points out that trainers should not complain, because a very large proportion of people are happy when others have difficulties. Sergio Scariolo also finds listening and respecting others a huge deciding factor in success.

Keywords: communication, motivation, loyalty, commitment



Center for Basketball Methodology and Education

5th INTERNATIONAL BASKETBALL CONFERENCE

22-23 January 2024, National Basketball Academy, Pécs

*"Excellence
in Basketball"*



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MAGYAR TESTNEVELÉSI
ÉS SPORTTUDOMÁNYI
EGYESÜLET



PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS



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EGYETEM



RÁTGÉBER
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Center for Basketball Methodology and Education 5th INTERNATIONAL BASKETBALL CONFERENCE

22-23 January, 2024 National Basketball Academy, Pécs

PROGRAM "Excellence In Basketball"

DAY 1 - Monday (22 January)

8:45-9:30 Registration

9:30-11:00 On-Court Session

Aleksandar Džikić, Filip Mihajlović

Achieving the Desired Level of
Aggressiveness and Focus in Defense

11:00-11:15 Opening Session

Dr. Ádám Schmidt

Secretary of State for Sports

Márton Báder - Hungarian Basketball
Federation, president

Prof. Dr. Pongrác Ács - University of Pécs,
Faculty of Health Sciences, dean

Dr. habil. László Rátgéber, PhD

Center for Basketball Methodology
and Education, director

11:15-12:30 Plenary Session

**Dimitrije Cabarkapa, PhD,
CSCS*D, NSCA-CPT*D, USAW**

How Important is Strength Training
for Basketball Players?

12:30-12:45 Coffee Break

12:45-13:45 Plenary Session

Aleksandar Džikić, Filip Mihajlović

Pre-Season

13:45-14:45 Lunch Break

14:45-16:00 Plenary Session

Dr. Francesco Cuzzolin, PhD

Strength Training for Basketball,
According to Game Model

16:00-17:00 Plenary Session

Tibor Fülöp

The Interpretation and Significance
of Anaerobic Endurance in Ball Sports

17:00-17:10 Coffee Break

17:10-18:10 Plenary Session

Prof. Dr. Sc. Igor Jukić

Communication between Staff
Members in Basketball Team:

Rules, Roles and Responsibilities

DAY 2 - Tuesday (23 January)

8:00-8:30 Registration

8:30-9:45 Plenary Session

**Dimitrije Cabarkapa, PhD,
CSCS*D, NSCA-CPT*D, USAW**

Basketball Shooting Fundamentals:

An In-Depth Biomechanical Analysis

9:45-11:15 On-Court Session

Sergio Scariolo

Switching Defense

11:15-11:30 Coffee Break

11:30-12:30 Plenary Session

Dr. Francesco Cuzzolin, PhD

Training Monitoring without
Technology: Facts or Fiction?

12:30-14:00 On-Court Session

Aleksandar Džikić

Offensive Automatics ... DKS Concept

14:00-15:00 Lunch Break

15:00-16:30 On-Court Session

Sergio Scariolo

Teamwork for the Shooter

16:30-17:30 Roundtable

**Sergio Scariolo, Dr. Francesco
Cuzzolin, PhD, Aleksandar Džikić,
Filip Mihajlović**

Moderator: Prof. Dr. Sc. Igor Jukić

Effective Communication
within the Coaching Staff

17:30 Closing

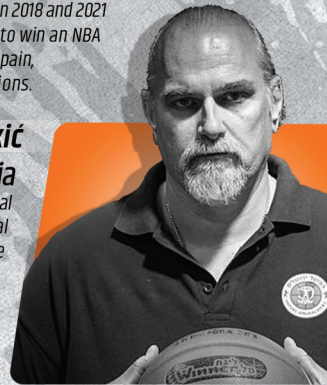


Sergio Scariolo 



Head Coach of the Men's National Team of Spain

Won titles in Italy, Spain and Russia, he last coached Virtus Bologna of the Italian League. Between 2018 and 2021 he served as assistant coach for Toronto Raptors in NBA and became the first Italian coach to win an NBA champion title. Having won four EuroBasket championships and a World Cup at the head of Spain, Scariolo is one of the most successful coaches in the history of international competitions.




Aleksandar Džikić

Head Coach of the Men's National Team of Georgia

Aleksandar Džikić is a professional basketball coach, currently head coach of the men's national team of Georgia. While being assistant of Dusko Vujosevic in Partizan Belgrade, he had several opportunities to work in the NBA Summer League, as assistant coach of few teams, between 2003-2005. During the year of 2005 he received a 3 years guaranteed contract to be assistant coach of the Minnesota Timberwolves under the head coach Dwane Casey. Back in Europe he coached in several countries (including Serbian powerhouse Partizan Belgrade or Spanish Movistar Estudiantes), winning the FIBA EuroChallenge Cup with Krka Novo Mesto in 2011 and also 4 Slovenian Championships, 3 Slovenian Cups, 1 Montenegro Championship. He won the Aba League (2017-2018) and 1 Israeli Cup. Was named Israeli League Coach of the Year in 2023 when he coached Hapoel Jerusalem.



Prof. Dr. Sc. Igor Jukić, 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 the Croatian U18 basketball team in 1996, and with U20 team World Championship silver medalist in 2001, he worked with the senior basketball team from 1997-2002, and took part in the EuroBasket in 1999, 2003 and 2005. With the Croatian football team, he participated in the World Cup in Brazil in 2014, and in the Euro qualifiers for Euro 2016. As a 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.



Dr. Francesco Cuzzolin, PhD

Head of Performance – Olimpia Milano

Francesco is the first European to become Head Strength and Conditioning Coach in the NBA, with the Toronto Raptors. He has worked with two of the most successful European basketball teams, Benetton Treviso and Virtus Bologna, with the Russian and the Italian National teams. As a consultant, he has shared his expertise with the Latvian National Team, CSKA Moscow, and Fenerbahce Istanbul. Francesco is currently the Head of Performance for Olimpia Armani Milano, the Euroleague Basketball team. Francesco has a Ph.D. in physical exercise applied to industrial engineering and is a member of the ELPA Performance Advisory Board.



Filip Mihajlović 



Strength and Conditioning Coach

Serbian strength and conditioning coach with experience in Serbia, Montenegro, Ukraine, Romania and Israel. In his systems, the physical and physiological parts are important, but he is also paying big attention to immune system, emotions, and going even deep on cellular level. He worked with the Serbian and Montenegro national teams, and in club level was a member in the staff of Partizan Belgrade, Buducnost Podgorica, Azovmash, BT Cluj-Napoca and Hapoel Jerusalem, with the Israelis played the final of the FIBA Champions League.



Dimitrije Cabarkapa, PhD, CSCS*D, NSCA-CPT*D, USAW

Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas

Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas, part of the Wu Tsai Human Performance Alliance. Strongly influenced by his personal playing experience, including five years spent as an NCAA Division-I men's basketball student-athlete at James Madison University, Dimitrije's research interests are directed toward the field of sports science and athlete performance improvement. Over the last five years, he has published more than 55 peer-reviewed research articles and presented at multiple regional, national, and international conferences. Some of his current and upcoming research projects are focused on examining the biomechanical characteristics of various types of basketball shooting motions, the implementation of innovative technology for athlete performance analysis, and examining physiological responses during training and competition.



Tibor Fülöp 



Performance Diagnostic Specialist, Sports Science Consultant, Sports Professional Director of the Sports Medicine Center

Since 1993, he has been active as a cycling coach and as a performance diagnostics professional. As an A-licensed coach of the German Cycling Association (BDR) and the German Olympic Sports Association (DOSB), and since 2002 he has been present in Hungarian cycling training as a specialist instructor. Currently, as the education and sports science coordinator of the Hungarian Cycling Association, he leads the education of the cycling sport coaches at the Hungarian University of Physical Education and Sports Science. As the sports professional director of the Sports Medicine Center, he deals with sport-specific performance diagnostics of representatives of various sports. He is a member of the Hungarian Coaches Association and the Hungarian Sports Medicine Association, as well as the secretary of the Performance Physiology Committee of the Hungarian Sports Science Association. The Hungarian Functional Fitness Association recognized his work with the "Person of the Year" award in 2022.

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)

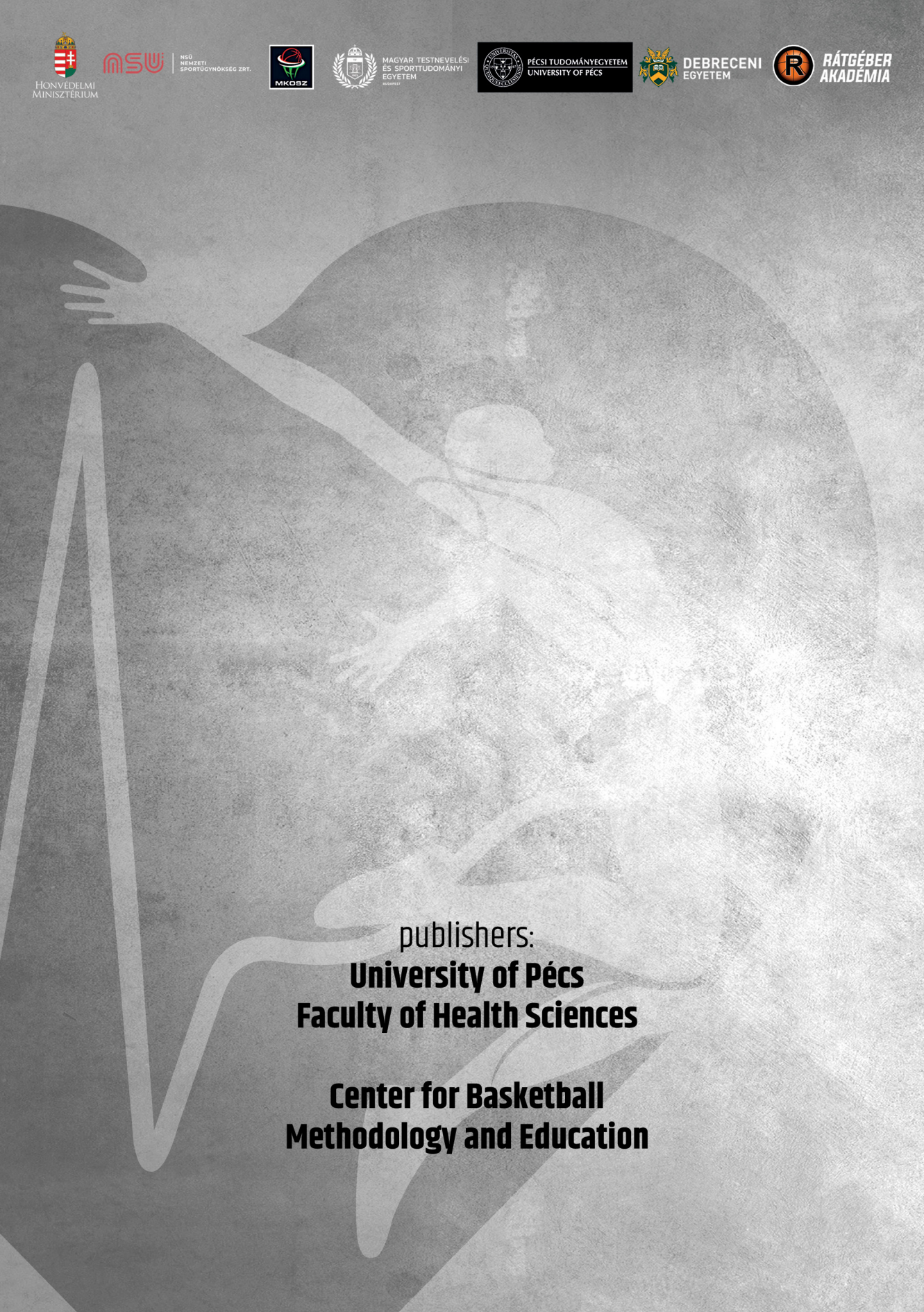
“We all have to work together; we need to help each other because we depend upon each other. But we should seek cooperation not only within basketball, we also have to be open to a closer relationship with the methodological centers of handball and football as well. Our task is to make product out of 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, advocacy of the sports academies, establishing constructive co-

operation 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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