



# A Complete basketball player

What is a complete player?

Is he position specific? What exactly can he do?

What kind of social environment does he come from – friends, family, club? What type of club is he in?

What type of coach did he play for?

# Perfect Player?



# Perfect Player?



# Perfect Player?



# Technical Fundamentals

- Shooting
- Passing
- Dribbling
- Defensive stance on and off the ball
- Boxing out/rebounding
- Screening

# Tactically smart

- Man to man offense
- Zone offense and defense
- Half court vs. Full court
- Can perform individual role within a team concept – job specific

# Physical

- Running, jumping, defensive sliding
- High VO<sub>2</sub> max
- Strong – explosive quickness
- Tall

# Mentally tough

- Winning attitude, winning mentality
- Self motivated, self confident
- EGO: Selfish vs. Team player
- Great work ethic; highly self motivated
- Leader
- Ability to concentrate, handle stress, and perform well in pressure situations
- The ability to visualize and remain positive even in the face of adversity



# Complete Player?



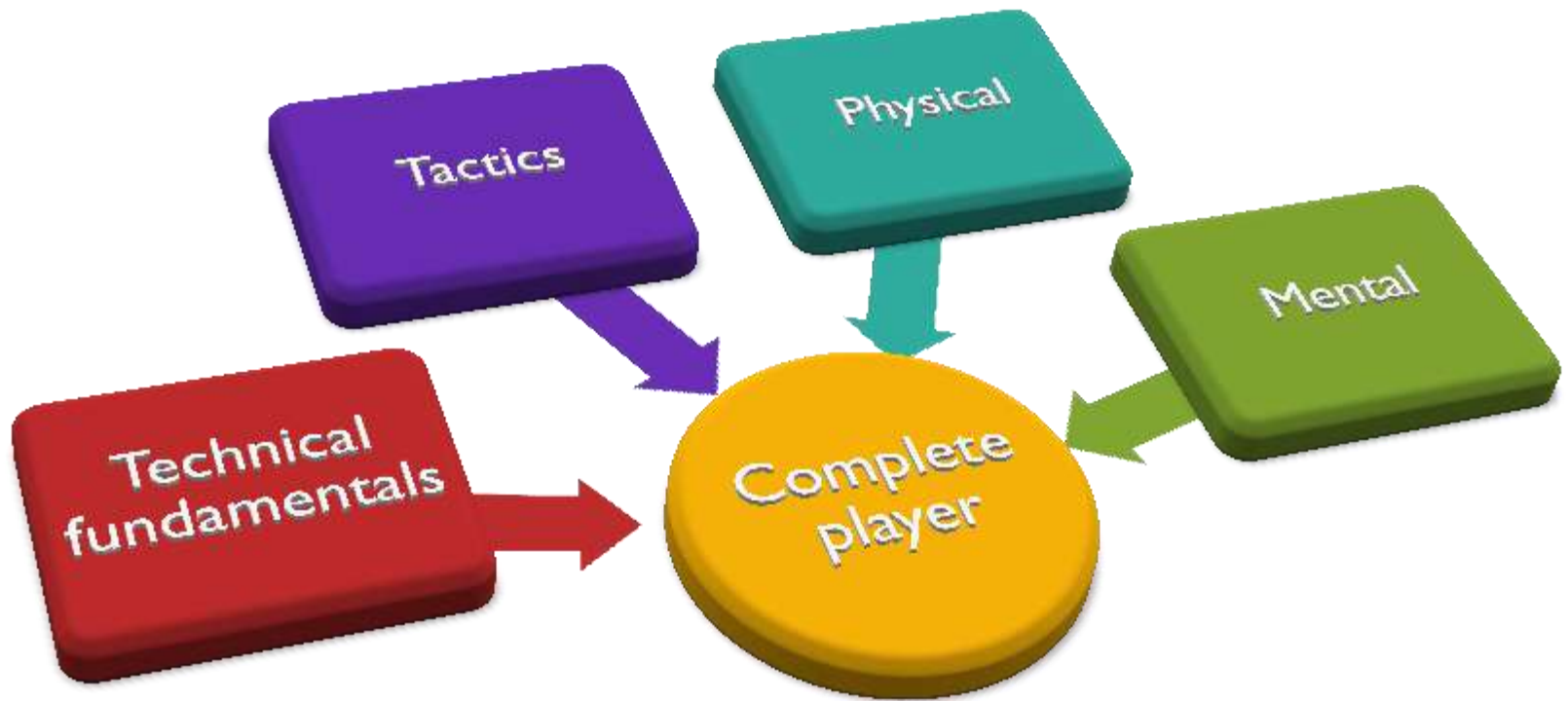
# Complete Player?



# Complete Player?



# What is their complex relationship?



# Age Related Training Periods

Pre Puberty – Ages 5-12 – Training 1-3 hours/week in the beginning and slowly working up to 7-15 hours per week in the end.

- Training of the body's fundamental movements
- Learning to Train

Puberty – Ages 12-16 for boys and 11-14 for girls – Training roughly 10 hours/week in the start and up to 20 hours/week in the end.

- Learning to Practice
- Training in order to train
- Training in order to compete

Post Puberty – Ages 16-20 – Training anywhere from 15-30 hours/week

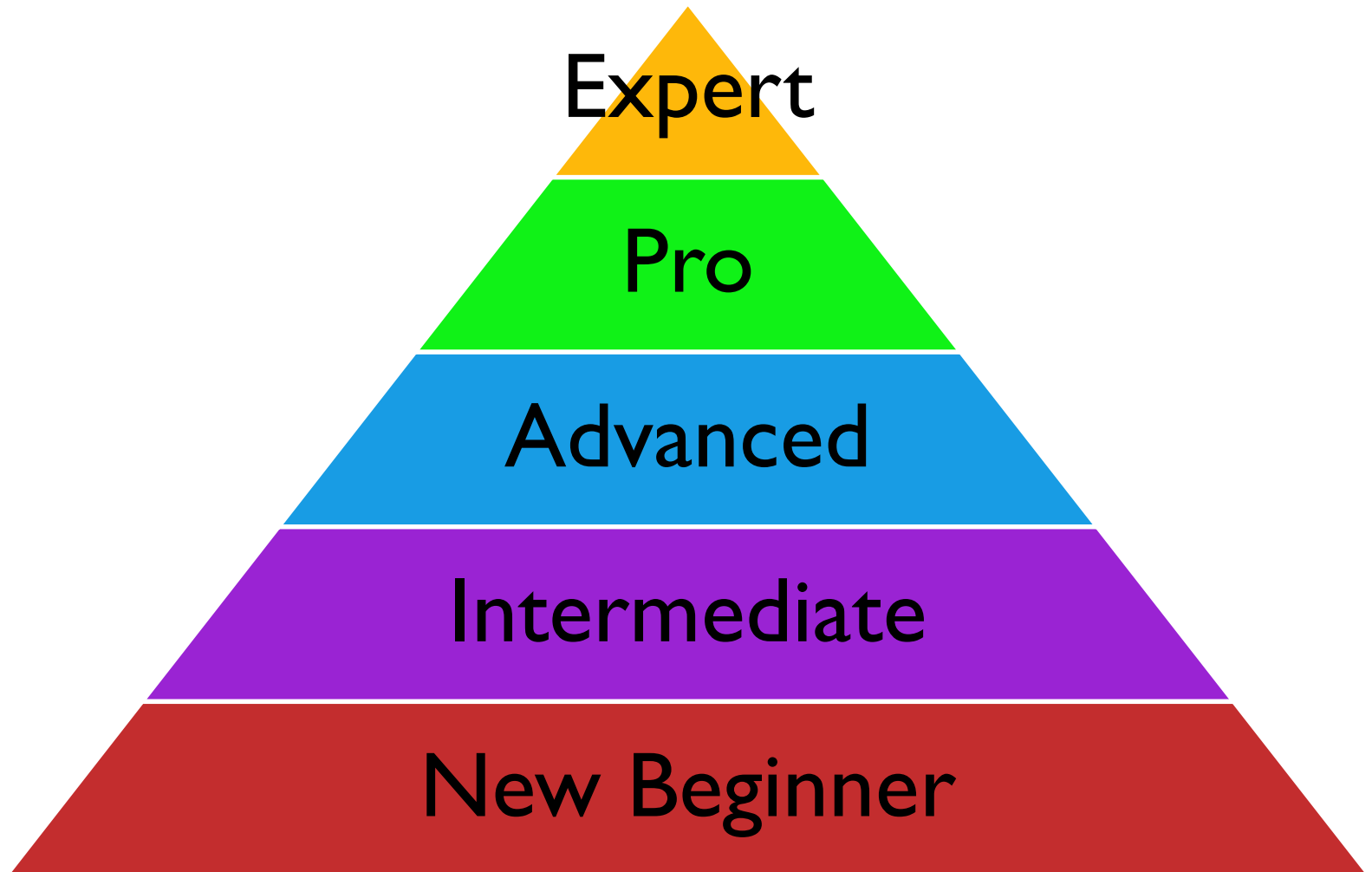
- Training in order to compete
- Training in order to win

# Age Related Training Phases

- 5 phases in order to become an intuitive expert
  - New beginner – ages 8-11
  - Intermediate – ages 12-15
  - Advanced – ages 16-19
  - Semi Pro or full time pro – ages 20-23
  - Intuitive Expert – age 24 and up

Question: In order for this time line to be true, what needs to be focused on and practiced in each stage of a player's development?

# New Beginner to Expert



# The Head Coach

- Who is the perfect head coach and why? Can you describe him?
- What are his qualifications?
- What is his leadership style? What is his "pædagogik"?
- What role does a coach have in a young athletes life? How much influence does a coach have both on and off the court?



# Job Analysis of a basketball player – what are the work requirements?

- 60% of the movements are low intensity. 30% are from running, jogging, and even walking while the other 30% were from sliding in different directions
- 25% are used on mid intense movements
- 15% are used on high intense explosive movements such as sprints (5.6%), jumping (3.4%), and high intensive sliding (6.0%).

# Work requirements cont...

- That means that a basketball player is active all the time. The activity level is low for long periods of time and that means that basketball puts a big requirement on a player's aerobic capacity and its effect. This means that a basketball player must have a high oxygen absorption capacity. He must have a high VO<sub>2</sub> max because:
- The average pulse of a basketball player will be between 85% - 90% of his max
- A basketball player will run between 5.2 kilometers and 7 kilometers during a 40 minute game.

# Work requirements cont...

- Researchers have also found out that during a basketball game players ran between 43 and 174 sprints depending on what position they played.
- This means that a player needs to have the capacity to sprint every 21 seconds of a game.
- However of all the sprints during a game only 5% were longer than 4 seconds

# Job analysis – Body type

- A basketball player's build has also been researched. The research conducted in this area has been done on an adult player over 18 years old, where the results can be used to draw a very good picture of what a coach should look for in a player. Thus a physiological profile could look like the following:
- A player's weight is nearly as important as his height. The body weight of the Lithuanian and Italian players were in average for guards 90 kg, forwards, 105 kg, and centers were 113 kg.
- As for their height, researchers have found that the average height of a basketball player is between 191 cm and 203 cm.
- Furthermore it is very important to have a relatively low body fat percent, around or just below 12%.
- Question: Can you still be a good basketball player and not have the right body type? Why or why not? Explain your answer

# Job Analysis – Work requirements- complex dilemma

- With the two forms of conditioning, aerobic and anaerobic, we are then presented with a complex dilemma, what do we concentrate on and how much do we concentrate on it? The aerobic part of our conditioning is a reflection of the performance of our circulatory system and the influence of oxygen. The aerobic capacity is then illustrated thru our max oxygen absorption,  $VO_2$  max. This is very different depending on a player's race and gender. For example, a girl is more likely to reach her  $VO_2$  max already at the age of 16, whereas a boy is most likely to reach his  $VO_2$  max at the age of 25. Studies show that with aerobic training a player can increase their  $VO_2$  max by as much as 50% - 60% higher than their genetic inheritance would normally allow.
- Training of a player's anaerobic capacity and the stress that it puts on the body is then recommended in controlled amounts. Because the anaerobic processor in our body does not involve oxygen, this does not help develop the heart which needs to have a large pumping volume in order to pump so much blood out to the working parts of our body, with the minimum amounts of pumps as possible.

# Complex dilemma cont...

- As mentioned earlier, research shows us that a basketball player needs to have a great anaerobic capacity. However this creates a complex dilemma for youth players. These high intensive sprints and intervals that occur during basketball go against a child's natural form of development. As a result, players all the way up to ages 16 or 17 should focus more on their aerobic capacity. This focus on the aerobic side of conditioning at an early age will help a player maintain a higher performance level over a longer period of time during a player's career.
- Another complex dilemma a player and coach have to deal with is what happens to a basketball player if he concentrates too much on his aerobic capacity and not enough on the anaerobic side of things? For example, what if a basketball player ran 3-5 miles in a time of 20-30 minutes 4-5 times a week in order to get a high VO<sub>2</sub> max and aerobic capacity?
- From a scientific and physiological point of view this form of training would have a negative impact on a player's physical skills.

# Job Analysis – Work requirements- strength factor

- Besides the physical running aspects of basketball, a basketball player also needs to be extremely quick, explosive, and strong and strength training needs to be a large part of their program. If we take a look at all the various movements that occur during a basketball game, most if not nearly all of them start with the legs. These include stopping, slowing down, changing directions and speed, acceleration, and jumping.

# Strength factor cont...

- In the close physical battles that occur under the basket, the legs are also involved both as a form of breaking in order to change direction and to explosively block a shot or rebound.
- The body's core muscles, stomach and lower back, are also involved in holding the body in the proper position and balance. These muscles are also actively involved when a player is active in faking and changing directions.
- A player's arms are primarily used to control the ball and secondary contact with an opponent.



# Learning

- What does it mean to learn? How do we learn? How do we know a player has learned something?
- Can we learn from a positive experience just as much as we say we can learn from a negative experience? What are positive and negative experiences in basketball?
- Is an injury a negative or a positive experience?
- What, if any role does frustration play in our learning process?

# Goal setting – first step in learning

- Developing youth players technically, tactically, and physically is relatively easy. However, how do we do it mentally?
- A coaches ultimate goal is to create self motivated players thru a respectable motivational leadership style. A style based heavily on communication.
- Creating self awareness and getting players to ask and answer, "who am I?" is the first step in getting players to set goals.
- Setting goals and being able to realistically evaluate them together with their coach will help players develop a training culture, winning culture, and a winning mentality.

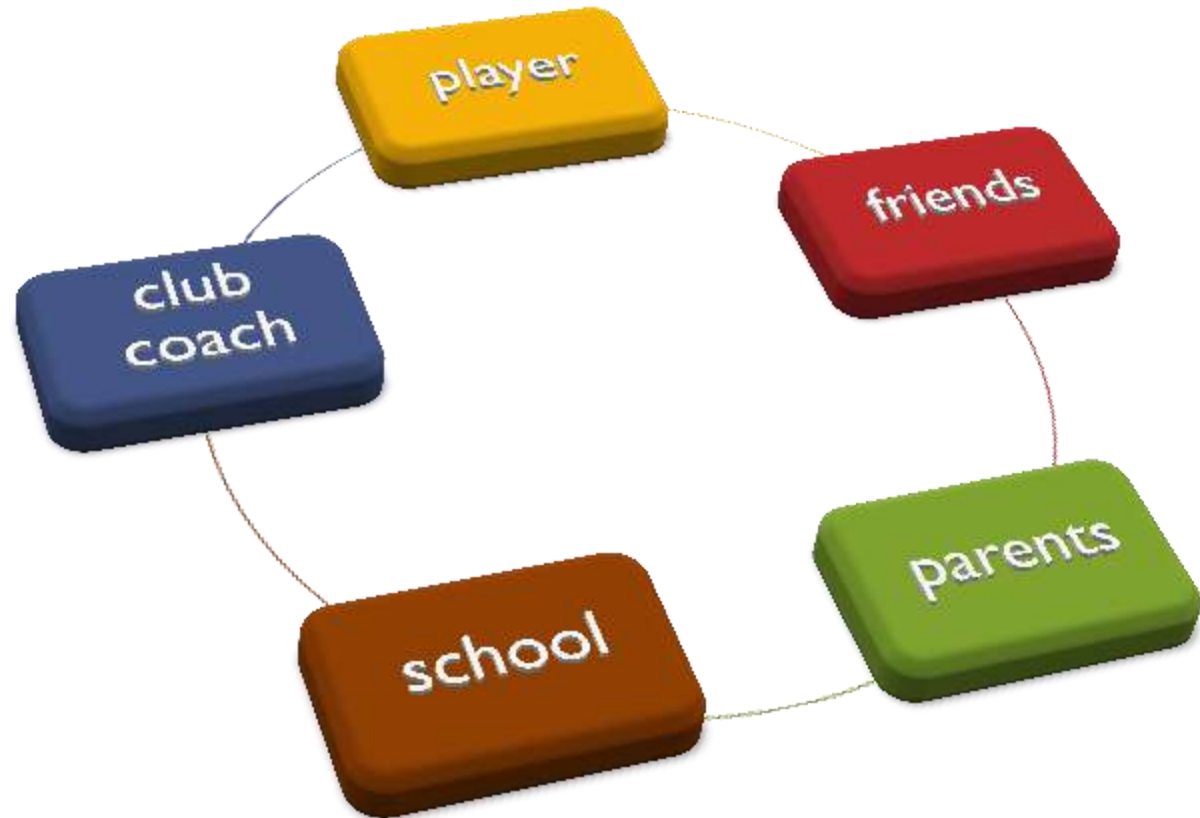
# Goal setting - keys to success

- A goal can be a good tool for success so we can accomplish those things we most desire and dream.
- Don't be afraid to be honest and ask the following:
  - What will this goal be good for?
  - What is your biggest area of competence in basketball?  
What are you best at?
  - What is the most fun thing with basketball?
  - What area would you most like to develop in, and why?
  - What needs to happen technically, tactically, physically, and mentally for you to accomplish your goal?
  - How will you train to accomplish your goal?
  - Who if anyone can help you accomplish your goal?
  - How are you going to feel when you have accomplished your goal?

# Goal setting – remember the following – keys to success cont...

- With a goal written down, you are that much closer to accomplishing your goal
- Make your goal short and precise
- Keep a diary/log book so you experience as much success as possible.
- Share your goal and happiness with others.
- Most importantly: You can only accomplish a goal if you know all the reasons that you set the goal in the first place.

# Expectations vs. Reality and the need for Harmony



# Conflict of interest? Need for Harmony?



**Expectations**



**Reality**

# What is more important?



Team results



Individual  
development



# Comfort Zones – what are they, why are they important, and how do they influence us?

- Player
- Coach/Club
- Parents/family
- Friends
- School

Question: Can you explain the complex relationship between the 5 groups listed above and how each of them effects a player's development?



# Personal Conclusion

- Basketball is a very complex sport that puts high demands on more than just the physiological aspects of a player's development.
- Basketball players must be strong in all four aspects of the sport, technical, tactical, physical, and mental. However, it is these physiological aspects of today's professional athlete that scientific research has had the greatest impact.
- Knowing what physical requirements there are in basketball in order to know what to train, how to train, and when to train, are questions a coach must be able to answer correctly. Today's professional athletes are bigger, stronger, faster, and quicker, than ever before. Looking back on my own professional career I am amazed I accomplished as much as I did. Upon reflection, I am convinced that I trained the wrong way more than once, twice, and even three times for that matter. However, I consider myself extremely lucky to have accomplished as much as I have. But, whether I trained the right way all the time or not, is not the issue.
- The issue is, how I am as a coach? What do I focus and emphasize, and do I have the knowledge and ability to explain to my players why we do what we do with the intensity that we do things?

Why teach and coach? For our future, for the love of the game.



# Shooting clinics - BEEF – Balance, Elbow, Eyes, Follow thru



# Two ball dribbling – Eye Hand coordination



# I on I – Intense work with a coach



Be someone's idol and role model  
and give back to the sport - Inspire



May the dreams you dream- Be the future you find.



What is your biggest fear? Desire,  
dream, and inspire – Jeremy Lin





# Something to think about....

- *Basketball is like photography, if you don't focus, all you have is the negative."* - **Dan Frisby**
- *"Basketball is a game that gives you every chance to be great, and puts every pressure on you to prove that you haven't got what it takes. It never takes away the chance, and it never eases up on the pressure."* - **Bob Sundvold**
- *"One man can be a crucial ingredient on a team, but one man cannot make a team."* - **Kareem Abdul-Jabbar**
- *"Talent wins games, but team work and intelligence wins championships."* - **Michael Jordan**
- *"You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise."* - **Michael Jordan**
- *"I can accept failure, everyone fails at something. But I can't accept not trying."* - **Michael Jordan**
- *"Don't let what other people think decide who you are."* - **Dennis Rodman**
- *"I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot...and missed. And I have failed over and over and over again in my life. And that is why... I succeed."* - **Michael Jordan**