

BETTER PRACTICE ADVICES

Choosing appropriate groups for training is very important. When we have individual trainings where the main goal is to eliminate mistakes and to learn the basics, small groups are the most optimal, so that the coach can give attention to every single player. The quality of the performance makes choosing groups important in team training. If we want to perform the drill consistently and in full intensity, we need to have homogenous groups. When we start with game situations, we want to form competitive sparring and therefore rise competition and concurrence amongst players.

A training consists of multiple drills. We should not waste too much time between two of them. Every long break draws us away from the optimal intensity. A training should symbolize a match – therefore, breaks should not be longer than one minute. Exercises should be put in reasonable order, so that players can be focused and give as much intensity as possible.

While planning a training, we have to set time limits for particular drills and later on we have to stick to that timing. It is normal that players do not perform every drill exactly as we would like them to, so our job is to adjust the training while still following the rough schedule. Drills cannot last forever. Players like some drills and hate the others. We must try to make the least popular ones as interesting as possible while staying within time limits.

Cooling down after practice is just as important as warming up and stretching are before the practice. We must teach our players to always prepare themselves for the following exercises so that their bodies can be ready for exertion. Moreover, this helps us to increase the flexibility and to prevent injuries.

The important part of planning training sessions is dosing the intensity, contents and breaks during activities. In summertime, pre-season period starts and is later followed by main season from autumn until spring. Springtime is meant as a transitional period. In younger categories we do not have to make huge differences between different periods since the goal is 100% focused on learning. From U17 (high school) on, the season divides itself into three before mentioned parts which have different content and different number of workouts. A player's development is not solely dependent on quality training. A player needs three equivalent components for an optimal development – integral training, time for rest and regeneration and quality nutrition. If one of the components falls apart, a player's progress can stop in a second. This is why coaches should correctly arrange practice units, take care of breaks and time for regeneration as well as make players aware of healthy lifestyle.

While practicing, we have to pay attention to every single segment separately. For example, if we are practicing getting open, we have to take care of many



Image 27 and 28: Shoulder Pass after Side and Cross Step



Image 29: Chest Pass with Both Hands



Image 30: Baseball Pass



Image 31 and 32: Over Head Pass with Both Hands



HELP SIDE AND DEFENSIVE ROTATION DRILLS



DRILL 376

Coach with a ball on the top. Defenders are in an open stance position and react to an attempt of a drive from the coach. After the first dribble, he passes to the offensive player who returns the ball back to him on the top. The coach makes the drive so that he surprises the defenders. Players switch roles after 30 seconds.



DRILL 377



Defenders stand one behind the other. They double-team the offensive player on the wing after the coach passes the ball. After the player returns the ball to the coach, the defenders switch places and double team again. Players switch roles after 30 seconds.



DRILL 378

Three players arranged in a triangle are on offense. Two defenders in the middle. The offensive players pass the ball around and the defenders have to intercept it. One defender puts pressure on the player with the ball and the other stays in between two players, ready to intercept. The offensive players cannot dribble or move but can pivot. The drill lasts for 30 seconds or until one of the defenders catches the ball.



DRILL 379

Three offensive players arranged around the circle. Two defenders double team the player with the ball, while the third player stays in between two players, ready to intercept. The offensive players cannot dribble or move, but can pivot. The drill lasts for 30 seconds or until one of the defenders catches the ball.