



Minibasketball Coaches Campaign, Giessen 27. - 29.11.2015



Minibasket in Italy – Pratical proposal

2 shares practices : U10 and U12

- U12 to describe skill out
- U10 to describe the previous ability

In each section :

- 1 motor skills objective prevalent
- other motor skills involved in the solution of the ask
- solution of the task on motor skills, prerequisites of movement and sense perceptions

Competence skills in 3 words :

- autonomy
 - responsibility
 - collaboration
- } in the game and in life

Competence skills in 4 areas :

- motor/functional
 - social/relational
 - technical
 - neuro/cognitive
- } to begin
adequately basketball

Practice U12 :

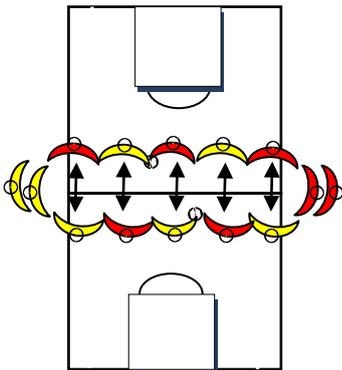
- mobility prevalent, anticipation and choice
- technicals used as a tool, shooting and dribbling
- 4 shares
 - 1) game focus on mobility
 - 2) some games activation
 - 3) reading games and choice of the central phase
 - 4) game situation

Practice U10 :

- mobility prevalent, adaptation and transformation
- technicals used as a tool, shooting and dribbling, and defense
- 3 shares
 - 1) some games activation
 - 2) reading games and choice of the central phase
 - 3) game situation

Practical proposals – U12.

Phase 1.



- 5 on 5 "careful and watch"
 - concept of play "while"
 - prerequisite of view

Phase 2.

- *attention to the shooting*
 - guys dribbled free for the field
 - guys dribbled and free throw for the field
 - count the baskets made
 - after every field goal change basket
 - not to lose points - increase the points
 - field goal +1
 - wrong basket -1
 - touching with other -1
 - even more
 - ball against ball -1
 - harder
 - more than 3 inside the area -1

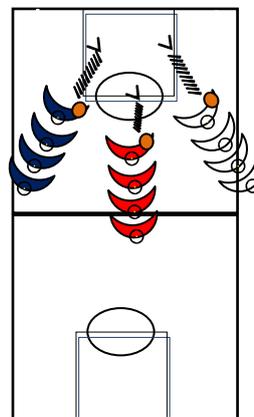
**train
to see**

- *first watch*

children divided into 3 teams, arranged as in the figure;
a ball to the team, at the start of the instructor the first team with the ball going to pull to the basket, takes a puff and then passes the ball to his following.

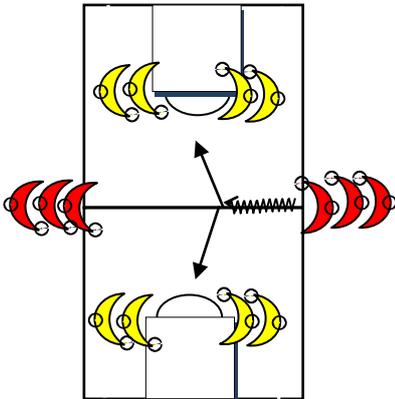
RULE: can not enter more than two players at a time inside the area of the 3 pt and can not pull 3 points!

(read while and choose)



Phase 3.

➤ 1 vs 2 they see

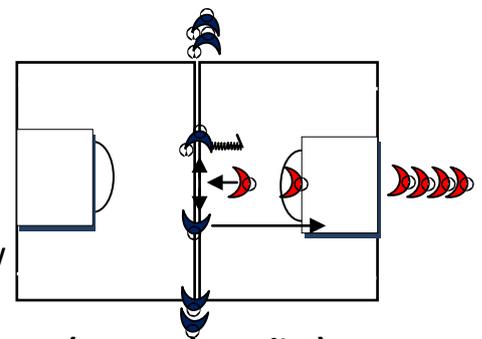


players divided into two teams, arranged as shown. The players of the team in midcourt depart alternately dribble toward the halfway line, change direction and go towards a basket; on each basket 2 players of the other team are located on the corner of the area: when the opponent comes, as it comes in speed in the 3-point line, have to decide what to do; who will score first, it makes 1 point for their team.

(chose in space and time)

➤ the feline

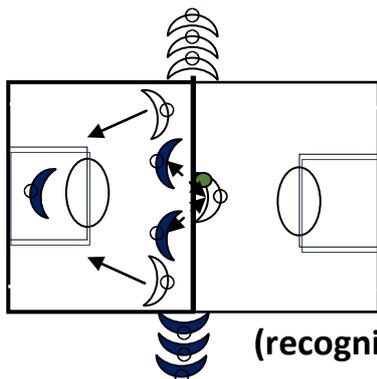
player divided into two teams, one in a line of defenders to the baseline without the ball, one of the attackers in two rows in midcourt in front of a row with a ball and without, (see figure); the first two attackers, to signal "ready", are positioned opposite each other in the center circle and they pass the ball, tense and fast; the same signal "ready", 1 defender, ACTIVATOR, is positioned in front of the two attackers, outside the circle, with his eyes on the pass line, while the 2nd defender is positioned on the free throw line; when the ACTIVATOR so decides, partly groped to intercept the pass and go to the basket with the companion who helps him quickly; the two strikers, if the ball is cleared off, get back in defense, but if the defender the wrong time to steal the ball, start toward the basket opposite, against the 2nd defender and 1 defender, who recovers quickly; the game continues 2 vs 2 for some actions.



(see and predict)

Phase 4.

➤ 3 vs 3 reading time

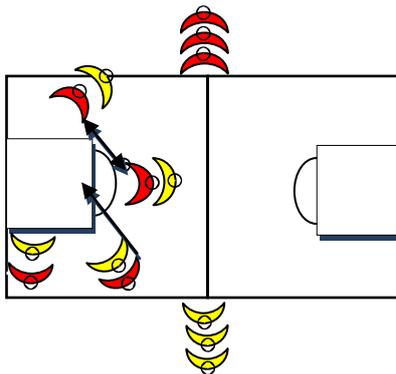


player divided into two teams, 3 players per team arranged as shown, attacking with ball passing and receiving alternately by two defenders in front of him; ACTIVATORS 2 external attackers who, when they decide, leave to go to the basket and start the game situation 3 vs 3

(recognize the time)

➤ *4 vs 4 anticipates and parts*

player divided into two teams, four players per team on the field ready and willing as in the figure, the player in the middle, holding the ball, pass and receive the companion to his right, with two defenders ready behind them, on the other side of the field, 2 defenders ready, one position of wing and one in the corner, with two strikers ready behind them; ACTIVATOR the situation of 4 vs 4 is the offensive player behind the defender in the wing, which, if so agreed, the overcoming the defense looking a useful space of game; 4 vs 4 game continues in all areas.

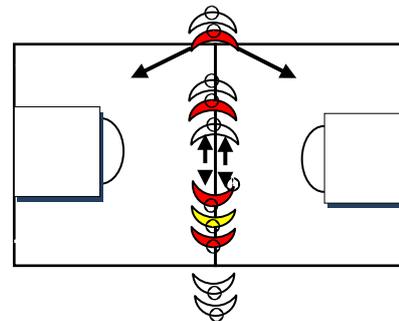


(recognize the time and the space in function of the game)

➤ *5 vs 5 look and decide*

player divided into two teams, three players per team on the half way line pass the ball and go to the end of the line in front, 2 strikers ready in the middle of the field with two defenders behind; Activator is a stationary striker in midfield, that. if so agreed, for the attack to one of two baskets starting the 5 vs 5

(recognize the time and space playing)



Practical proposals – U10.

In this proposal :

- **train to see and recognize the new situations to adapt quickly**

Phase 1.

➤ *steals the steps*

players divided in threes, 5 steps between them on a line field adequately far from the other trios, the player central is positioned in front of one of the two external, while the third player stands behind the center; player in the midst of trying to steal the space (steps) to player front and the player behind trying to keep 5 walking distance; when the player in the middle so decides, He can turn to try and

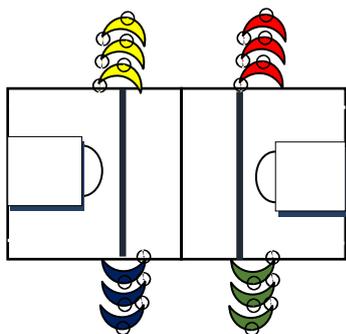
steal the steps to the rear, and so forth below

Variations of the game :

- Instructor nominates a CAPTAIN when called "CHANGE" determines the exchange of place among the 3 players
- when the Instructor called strong "CHANGE" determines the movement of groups on a different line

(see what happens)

➤ on the line with power



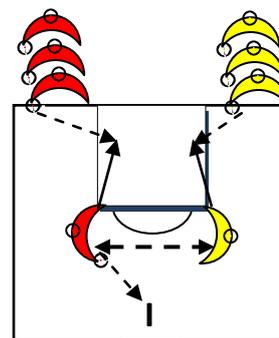
trios are arranged as shown on the ready line of 3m volleyball a trio at a time (without an established order but respecting an indication that can not go on line 2 trios for a time), do the same the previous game, but the player Central when it decides to go to the basket; the first realizes that becomes the central player and takes its POWER

(see, recognize and adapt quickly)

Phase 2.

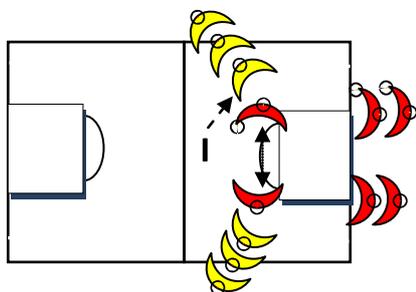
➤ *power to decide*

players divided into two teams as in the figure, the first two from each team, facing each other on the 3-point line; team player with the power switch and receives the adversary until he decides to pass the ball to run the Instructor to receive the ball from the companion to the basket and pull; the first realizes that takes power



(recognize and adapt quickly)

➤ *2vs2 run under*



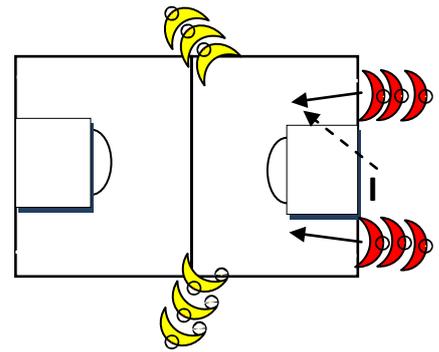
players divided into two teams arranged as in figure 2 defenders, facing each other in 5 steps away, you pass the ball on the free-throw line: the instructor dribbles a second ball on the spot; as soon as it ceases

to dribble, pass the ball to his 2 external and receives the ball from two defenders, quickly, placing in defense.

(adapt quickly in relation to the game)

➤ *2vs0 and 2vs2*

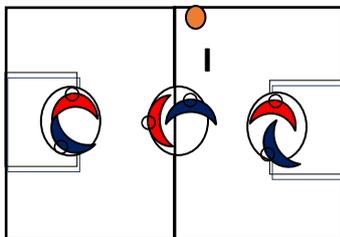
players divided into two teams positioned as in the figure, two players of a team start at half of the field and go to pull a field goal, not just perform, the instructor, from under the basket, passes a second ball in one of two players ready on the line skiing, to start the 2 vs 2



(adapt quickly in relation to the game)

Phase 3.

➤ *3vs3 by 3 circles*

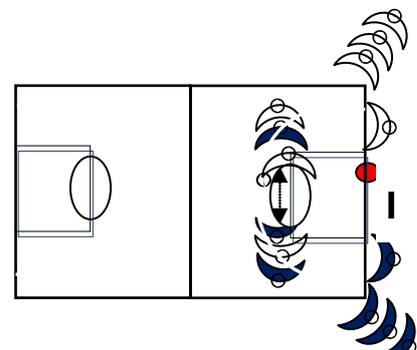


3 players per team on the field distribution in three circles and moving within the allocated space; when the instructor leaves the ball, whoever takes their team is attacking the basket opposite

(see, recognize and adapt to the game situation)

➤ *4vs4 to go and follow*

players divided into two teams, 3 players to team up to the firing line in alternating row, they "pass and follow" in front, a player for the team downfield, behind the line, ready to make any remittance; the instructor, suddenly, passes the ball to one of the two players in the backcourt: when it does, the shed begins a game of 4vs4. The ball in the field must be passed quickly to the instructor.



(see, recognize and adapt to the game situation)