

Harjoittelun suunnittelu

2.2. Puolustuspelimallit



Koripallokauden erityispiirteet

- Seura
- Maajoukkue
- Junnut
- Aikuiset



Lähtöanalyysin tekeminen

- Mitä pitää tietää?
- Valmentajan tavoitteet → tietotaito?
- Pelaajien tavoitteet?
- Taktiset?
- Fyysiset?
- Henkiset?
- Sosiaaliset?



Harjoitusjaksot

- Juniorivalmennuksessa huomioon otavat muut asiat?



Harjoitusjaksot

Week / Intensity	Practice	mon	tue	wed	thu	fri	sat	sun
22 / 2	Fundamentals	Dribble, basic stance and movement		Passing and catching, shooting technique		Dribble, shooting off the dribble	Passing and catch and shoot	recovery
	Game Skills	Basic concept, penetration game		Basic concept, penetration game		Basic concept, penetration game		
	Activation, cool down	Stance, linear speed	Steps, linear speed	Stance, linear speed	Steps, linear speed	Stance, linear speed		
	Physical	Tests, mobility	Aerobic conditioning, general conditioning (strength), stability, mobility		Aerobic conditioning, general conditioning (strength), stability	General conditioning (strength)	Aerobic conditioning, stability, mobility	
23 / 2	Fundamentals	Dribble, basic stance and movement		Passing and catching, shooting technique		Dribble, shooting off the dribble	Passing and catch and shoot	recovery
	Game Skills	Basic concept, inside game		Basic concept, penetration game		Basic concept, inside game		
	Activation, cool down	Jumping and landing, COD	Steps, COD	Jumping and landing, COD	Steps, COD	Jumping and landing, COD		
	Physical	General conditioning (strength)	Aerobic conditioning, general conditioning (strength), stability, mobility		Aerobic conditioning, general conditioning (strength), stability	General conditioning (strength)	Aerobic conditioning, stability, mobility	
24 / 3	Fundamentals	Fakes, basic stance and movement, shooting technique		Passing and catching, free throws, getting open		Fakes, shooting off the dribble	Passing and catch and shoot, getting open	active recovery, stability, aerobic conditioning, mobility
	Game Skills	Basic concept, penetration game		Basic concept, inside game		Basic concept, penetration game	Basic concept, inside game	
	Activation, cool down	COD	Jumping and landing, COD	COD	Jumping and landing, COD	COD		
	Physical		Aerobic conditioning, general conditioning (strength), stability, mobility		Aerobic conditioning, general conditioning (strength), stability	General conditioning (strength)	Aerobic conditioning, stability, mobility	
25 / 1	Fundamentals	Fakes, basic stance and movement, shooting technique		Passing and catching, free throws, getting open	active recovery	Fakes, shooting off the dribble	Passing and catch and shoot, getting open	recovery
	Game Skills	Basic concept, inside game		Basic concept, inside game		Basic concept, inside game		
	Activation, cool down	COD	Optimal upper body function, linear speed	Throwing and catching, linear speed		COD		
	Physical		Aerobic conditioning, general conditioning (strength),			General conditioning (strength)	Aerobic conditioning, stability, mobility	

Harjoitusviikko johdetaan jaksosuunnitelmasta

Week 22 Practice Intensity 2		mon	tue	wed	thu	fri	sat	sun
Individual (5) Duration '90	Activation	Steps	Steps, linear	Steps	Stance, linear	Steps		Recovery
	Basketball	Dribble, basic stance and movement		Passing and catching, shooting technique		Dribble, shooting off the dribble	Passing and catching, catch and shoot	
	Physical	Tests	Aerobic conditioning, general conditioning (strength), stability, mobility		Aerobic conditioning, general conditioning (strength), stability		Aerobic conditioning, stability, mobility	
	Cool down	Steps	Steps	Steps	Stance	Steps		
Team (3) Duration '120	Activation	Stance, linear speed		Stance, linear speed		Stance, linear speed		
	Basketball	Basic concept, penetration game		Basic concept, penetration game		Basic concept, penetration game		
	Physical	Mobility				General conditioning (strength)		
	Cool down	Stance		Stance		Stance		

Table 4: Example of week plan, Pre-season, period 1, week 22

Painopisteajattelu

50 %

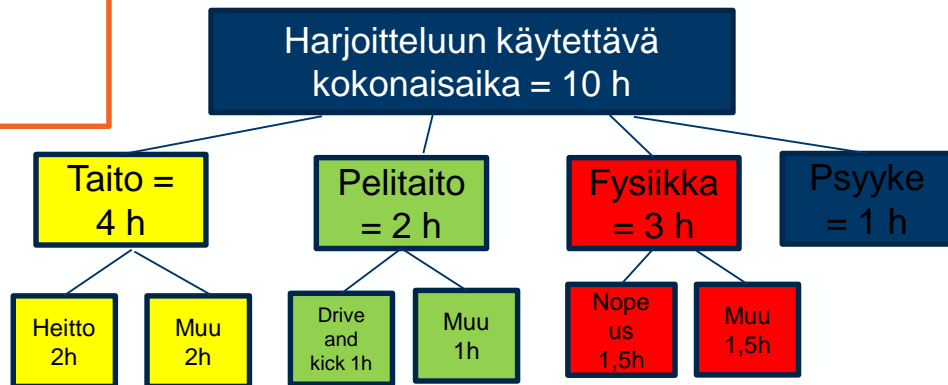
Mikä voi olla painopiste?

1=improving 2=supporting 3=preparing 4=recovering 5=activating

50 – 50 Painopisteajattelu

Painotettavat asiat:

1. Perustaidot: Heittäminen
2. Pelitaidot: Drive and kick → catch and shoot
3. Ominaisuusharjoittelu: Nopeus (COD)
4. Psyykkinen harjoittelu: Tavoitteenasettelu



Vuosisuunnitelma

Team: TuNMKY U19	Annual plan																																																												
Basketball																																																													
Season 2012 - 2013	Pre-season																In season																In season				Play offs				Po:																				
Fundamentals, game skills, physical, mental (goals)	Introduction of offensive and defensive basic concept. Practising basketball fundamentals and individual game skills as a part of aour concept. Creating athletic foundation (movement skills, stability, mobility, aerobic conditioning) and afterwards improvement of physical abilities (speed, strenght, power, endurance). Team commitment. Body language.																Adjustments of basic concept (more options, set plays). Special offense and defense. Group tactics. Supporting physical abilities and athletic foundation. Improving speed, strenght and power as much as possible. Injury prevention. Building a team spirit and roles in our team. One period of more intensity). Body language.																Going back to details of the basic concept. Improving individual game skills and group tactics as well as team tactics. One period of more intensity. Body language.								Rest.																				
Other goals	Tests (period 1), Team selection (period 3)																Tests (period 5)																																												
Period	1				2				3				4				5				6				7				8				9				10				11				12																
Week	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18												
Competition (amount of games)	1																1																2				1				2				2				2				2				2				
Practices per week (team + own)	8+1	7+1	8+1	6+2	8+1	0+6	8+1	8+1	8+1	7+1	8+0	6+2	8+0	6+0	8+0	6+1	6+0	6+0	6+1	8+0	7+0	7+0	6+1	7+0	7+0	7+0	6+1	7+0	8+0	0+7	4+3	7+0	8+0	7+0	6+1	8+0	7+0	8+1	6+1	7+0	7+0	6+1	5+0	6+1	7+0	5+0	5+0	5+0	5+0												
Intensity level (1-3)	2	2	3	1	2	1	3	2	3	2	3	1	3	2	3	1	2	2	1	3	2	2	2	1	2	2	2	1	2	3	1	1	2	3	2	1	3	2	3	1	2	2	1	3	1	2	2	2													
Emphasis of period	1=improving 2=supporting 3=preparing 4=recovering 5=activating																																																												
Basketball fundamentals																																																													
Stance and moving without the ball	3	3	3	3	3			3	3	3	3	1	1	1	1									2	2	2	2													2	2	2	2																		
Ball handle	4	1	1	1	2	2	2	2	2	2	2				2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1																											
Shooting	3	3	3	3	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2															
Defensive techniques					3	3	3	3	1	1	1	1	2	2	2	2	2	2					2	2	2	2					1	1	1	1																											
Rebounding								3	3	3	3	2	2	2	2	2	2	1	1	1	1	2	2	2	2													1	1	1	1																				
Screening																		3	3	3	3	1	1	1	1	2	2	2	2													2	2	2	2																
Game skills																																																													
Defense	3	3	3	3	2	2	2	2	1	1	1	1											1	1	1	1					1	1	1	1					1	1	1	1	1	1	1	1	1	1	1	1											
Transition offense														1	1	1	1	2	2	2	2					2	2	2	2					2	2	2	2																								
Offense	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2					1	1	1	1					1	1	1	1					1	1	1	1	1	1	1	1	1	1	1	1												
Transition defense														2	2	2	2									2	2	2	2					2	2	2	2					1	1	1	1	1	1	1	1												
Physical abilities																																																													
Speed, agility and quickness	3	3	3	3	5	5	5	5	2	2	2	2	1	1	1	1	1	1	5	5	5	5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1	5	5	5	5	2	2	2	2	5	5	5	5							
Strenght	3	3	3	3	1	1	1	1	2	2	2	2	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2											
Endurance	3	3	3	3	1	1	1	1	1	1	1	2	2	1	4	2	2	2	2	2	2	1	1	1	1	2	2	2	2	4	4	4	4	2	2	2	2	1	1	1	1	2	2	2	2	2	2	2	2												
Movement skills	1	1	1	1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5												
Stability	1	1	1	1	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	1	1	1	1	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4												
Mobility	1	1	1	1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	1	1	1	1	5	5	5	5	5	5	5	5	5	5	5	5												

Ryhmätehtävä

Ottakaa esille materiaali "Annual plan for 16 year old player"

1. Lukekaa kappaleet *Introduction* ja *Intensity* → käykää keskustelu harjoittelun intensiteetin kontrolloinnista.
2. Lukekaa kappaleet *Fundamentals* ja *Game skills* → käykää keskustelu näiden aiheiden sisällyttämisestä harjoitteluun (omat käytännöt)
3. Lukekaa kappaleet *Physical abilities* ja *Mental skills* → käykää keskustelu näiden aiheiden sisällyttämisestä harjoitteluun (omat käytännöt)
4. Lukekaa kappale *Conclusions* → käykää keskustelu haasteista liittyen vuosisuunnitelman tekoon

