

FECC Homework 2012

Annual plan for 16 year old player

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Introduction

This individual annual plan is derived from the team's annual plan. Main goal of this plan is to make sure that **a.) player practices enough, b.) player can develop his fundamentals, game skills, physical and mental abilities overall and c.) to prevent injuries and overload.**

Individual plan is made for a player born 1996, who will join our team after season 2011 – 2012. Our team plays U19 league, which consists age groups 1994 – 1996. Player is also a member of our senior team (second level in Finland). In addition, the player studies in sports specified school, which allows the training of four morning per week.

I have first planned the year from the teams point of view. From the plan can be found four parts of the coaching process: 1.) fundamentals 2.) game skills (individual, group, team tactics) 3.) physical skills and abilities and 4.) mental abilities. From team plan I have derived 'check lists' in each category. These check lists can be used as a tool for individual planning.

In every period we emphasise one fundamental and support others. It means, that 50% of the time used in practicing fundamentals, is used to improve emphasised skill and other 50 % to all the rest. Same logic goes with the game skills and physical training.

The estimated amount of games, intensity of practice weeks and emphasis of the program can be found from team plan.

In the next pages I will explain how I control intensity of practices on a daily and weekly bases and why I planned our program the way I did. All examples taken from the year plan are from pre-season, period 1.

How to use this plan?

1. Team plan indicates the emphasis of our period. Emphasis can be determined for fundamentals, game skills, physical and mental abilities. When we open the checklist of each category, we can make individual or team plan for next period. Also amount of games, intensity of practice week, number of training sessions and goals for each season can be found in team plan.

2. Check list gives more accurate information about content of periods and practice weeks. There you can also note down the topics you have practiced. This system helps me to perceive what we have practiced and what to do next in order to make sure of the logic of the program. Check lists are made always before new period (in every 4 weeks).

3. Next phase is to create a plan for period. It contains four practice weeks. In this plan you can find topics for each days practices and rest days.

4. Week plan is more detailed version of period plan. Topics of the period are taken in to practice level.

5. Practice plan. Two examples of a practice plan (individual) can be accessed in the second home work.

Intensity

Intensity of week

There are three basic levels of intensity in practice weeks:

Level 3

- 5 evening practices (pre-season) or 4 evening practices + game(s) (in season)
 - o practices with R5 drills (1-2 depending of games)
 - o practices with R4 drills (2-3 depending of games)
- 3 – 4 morning practices
 - o R1 – R3 (R6)
- Active recovery day
 - o R1 – R2

Level 2

- 5 evening practices (pre-season) or 4 evening practices + game(s) (in season)
 - o practices with R5 drills (1)
 - o practices with R4 drills (2)
 - 3 – 4 morning practices
 - o R1 – R3 (R6)
 - Rest day
- Level 1
- 4 evening practices (pre-season) or 3 evening practices + game(s) (in season)
 - o practices with R5 drills (1-2 depending of games)
 - 3 – 4 morning practices
 - o R1 – R3 (R6)
 - Active recovery day
 - o R1 – R2
 - Rest day

Intensity of practice

Intensity of practice is controlled with six different resistance levels:

R1=Pure aerobic training

R2=Fundamentals and game skills on aerobic level, no defense or dummy defense

R3=Game skills with anaerobic peaks, usually with defense and only few transitions

R4=Game skills (anaerobic) with defense and transition, work between 20 – 120 seconds and rest over 40 seconds

R5=game skills with over tempo, work max. 20 seconds

R6= Speed, agility and quickness. Practice by the principles of speed training.

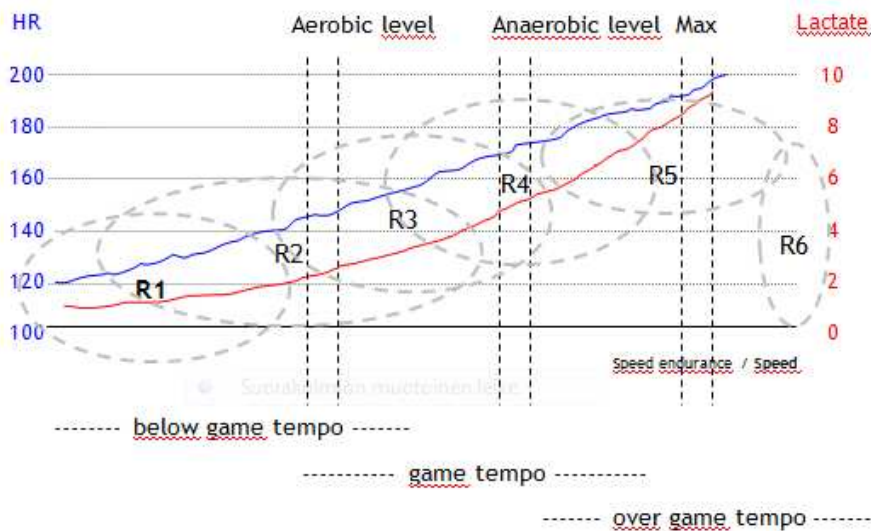


Figure 1: Resistance levels

Fundamentals

In every period we have **emphasised** one of basketball fundamentals. Other fundamentals can be supported. Goal is that before emphasising, the skill has a period of preparation. Shooting is always either emphasised or supported (prepared). We practice fundamentals in situations that are taken from our game (basic offensive and defensive concept) and we try to create as much read and react-situations as possible. We start with offensive fundamentals (offense first). Fundamentals are trained mostly in morning practices.

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

Stance and moving without the ball	3	3	3	3	3					3	3	3	3	1	1	1	1
Basic stance and movement	x	x	x	x													
Getting open			x	x													
Cutting																	
Inside positioning																	
Ball handle	1	1	1	1	2	2	2	2									
Dribble	x	x															
Passing and catching	x	x	x	x													
Fakes			x	x													
Shooting	3	3	3	3	1	1	1	1	2	2	2	2	2	2	2	2	2
Shooting technique	x	x	x	x													
Free throws			x	x													
Lay ups																	
Catch and shoot / Off the dribble	x	x	x	x													
Game specific shooting																	
Defensive techniques					3	3	3	3	1	1	1	1	2	2	2	2	2
Defensive stance, active hands and first step																	
Defensive movement																	
Close out																	
Rebounding									3	3	3	3	2	2	2	2	2
Defensive rebounding																	
Box out																	
Outlet																	
Offensive rebounding																	
Screening																	
Preparing, setting, using																	
Pick and roll																	
Off ball screens																	
Hand off																	

Table 1: Example of check list: Pre-season, period 1, Fundamentals

Game skills

Game skills can be individual, group or team tactics. We always emphasise one of four fields of basketball (transition offense, transition defense, offense, defense). Offense and defense of course come always together, but we try to prior our practices by emphasising. Game skills are always trained the way we play – in game like situations.

We start with offensive concept and focus mainly on half court and read and react-situations. Second thing is half court defense and finally transition offense and defense.

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

Game skills																	
Defense	3	3	3	3	2	2	2	2	2	1	1	1	1				
Pressuring the ball, 1-1 outside	x	x															
Deny	x	x	x	x													
Weak side help																	
Rotation																	
Post defense			x	x													
Cuts																	
Pick and roll-defense																	
Hand off defense																	
Off ball screen defense																	
Zone defense																	
Transition offense														1	1	1	1
Outlet situation																	
Fast break																	
Transition																	
Attack the front rim																	
Offense	1	1	1	1	1	1	1	1	1	2	2	2	2				
Penetration game	x	x	x														
Inside game		x	x	x													
Pick and roll																	
Basic concept	x	x	x	x													
Set games																	
Sideline, baseline																	
Press break																	
Zone offense																	
Transition defense														2	2	2	2
Offensive rebounding																	
Running back																	
Pick your own																	
Man to man, full court																	

Table 2: Example of check list: Pre-season, period 1, Game skills

Physical skills and abilities

As we start our program in late may, we test our players. According to those tests, we can decide what are the main goals in ones physical training. The basic philosphy in physical training is that we want to build athletic foundation during the first four weeks of practicing. It means that we focus on aerobic conditioning, mobility, stability and movement skills. After that we try to improve our strenght, speed, power and endurance by emphasising one ability for four weeks at a time. SAQ and reactive (jumps and medicine ball) drills are always part of our warm ups.

We plan always physical training for four periods (16 weeks) at a time.

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

Physical abilities																				
Speed, agility and quickness	3	3	3	3	5	5	5	5	2	2	2	2	1	1	1	1				
Linear speed	x			x	x								x							x
Change of direction		x	x			x			x	x			x	x						
Reaction						x					x	x		x	x					
Game speed								x	x	x	x	x							x	x
Strenght	3	3	3	3	1	1	1	1	2	2	2	2	1	1	1	1				
General conditioning, aerobic	x	x	x																	
General conditioning, anaerobic		x	x	x	x	x														
Strenght					x	x	x	x	x	x	x	x				x	x			
Power / Plyometrics														x	x	x	x			
Endurance	3	3	3	3	1	1	1	1	1	1	1	1	2	2	1	4				
Aerobic conditioning	x	x	x	x																
Anaerobic, alactic					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Anaerobic, lactic					x	x	x		x	x	x				x	x	x			
Movement skills	1	1	1	1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Stance	x				x							x								
Multidirectional steps	x	x				x							x							
Jumping, landing		x	x				x							x						
Change of direction			x	x				x								x				
Optimal upper body function				x					x										x	
Throwing and catching				x							x									x
Stability	1	1	1	1	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
Stations	x	x			x	x			x	x			x	x						
Chains			x	x			x	x				x	x						x	x
Mobility	1	1	1	1	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Stations	x	x			x	x			x	x			x	x						
Chains			x	x			x	x				x	x						x	x
Mental skills																				

Table 3: Example of check list: Pre-season, Physical skills and abilities

Mental skills and abilities

We set goals also for improving mental skills such as motivation, hard work, commitment, communication, goal setting and pressure tolerance. These are subjects where we try to focus all the time. We use individual meetings as a tool to help our players to set individual goals as a basketball player and to motivate them. Hard work and commitment to our program are daily demanded and values that we honor.

We also want to find out what kind of learning styles our players have (auditive, visual, kinesthetic). Of course in sports we learn by doing, but by using different ways of teaching we can help our players to learn faster.

Examples

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 (strenght), stability, mobility		Aerobic conditioning, general conditioning (strenght), 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 (strenght)		
	Cool down	Stance		Stance		Stance		

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

Week 51 Practice Intensity 3		mon	tue	wed	thu	fri	sat	sun
Individual (4) Duration '90	Activation	Reaction, COD	COD		Reaction, COD	COD	Game	Active recovery
	Basketball	Close out, free thows	Defensive movement, passing and catching		Close out, catch and shoot	Defensive movement, fakes, off the dribble		
	Physical	Mobility	Plyometrics (before)		Mobility	Plyometrics (before)		
	Cool down							
Team (4) Duration '120, except Friday '90	Activation		COD	Stability	Reaction, COD	COD		
	Basketball		Defense: 1-1 defense, post defense, deny	Transition defense	Defensive and offensive basic concept	Transition defense and offense		
	Physical			Strenght (before)				
	Cool down		Stability		Stability			

Table 5: Example of week plan, In-season, period 8, week 51

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 catching, 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 (strenght), stability, mobility		Aerobic conditioning, general conditioning (strenght), stability	General conditioning (strenght)	Aerobic conditioning, stability, mobility	
23 / 2	Fundamentals	Dribble, basic stance and movement		Passing and catching, shooting technique		Dribble, shooting off the dribble	Passing and catching, 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 (strenght)	Aerobic conditioning, general conditioning (strenght), stability, mobility		Aerobic conditioning, general conditioning (strenght), stability	General conditioning (strenght)	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 catching, 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 (strenght), stability, mobility		Aerobic conditioning, general conditioning (strenght), stability	General conditioning (strenght)	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 catching, 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 (strenght), stability, mobility			General conditioning (strenght)	Aerobic conditioning, stability, mobility	

Table 6: Example of period plan, period 1

Conclusion

In my opinion, the most important thing in planning 16 year old player practicing in annual level is to make sure that ones overall development is possible. It means that more than programming the plan according to competitions, it is important to program according to development of a player. It means individual emphasises, practicing all physical abilities throughtout the year, emphasise fundamentals and individual tactics as well as group and team tactics. And above all to remember that the game of basketball is all about confidence and self esteem.

Biggest challenges in planning a year:

1. How to make sure that development actually happens? Do we practice enough each skill or ability? Often the hurry of getting forward beats the patience in practicing.
2. How do we control the intensity of a practice, week or a period? The load of one can be wrong to another one.
3. Games. They are often played at weekends, which means that we have two games in a row. Are we wise enough to tell player that now it's not your turn to play on both days?
4. Results of the games. Can we keep our minds away of pure results? Are we capable of moving by the plan also on a moment of defeat? Of course there has to be adjustments along the way, but changing everything all the time is not long-term function.
5. Co-operation. With assistant coaches, school coaches etc. Do we talk enough about what is best for the player. Do we plan our program together? Who has the responsibility of the players whole situation?