



PRACTICE

IN BASKETLIGAEN AND DAMELIGAEN

Survey among Head Coaches during the 2013/14
season

DBBF's Coaching Clinic 9. Feb. 2014
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Introduction



- 26 questions sent out to all Head Coaches in Dameligaen and Herreligaen in October 2013
- 9 out of 10 Head Coaches from Dameligaen and 9 out of 10 Head Coaches from Herreligaen answered the survey
- Answers are the Head Coaches estimates as to how many hours their team spend on various aspects of the game
- It needs to be pointed out that all players not necessarily participate in all events
- Two chapters:
 - Practice
 - Coaching

Few Main Conclusions



GENERAL (A): Clubs should try to improve the physical aspect of basketball training. This goes especially for everything related to injuries, i.e. injury treatment, injury prevention and rehabilitation. Only 3 clubs out of 18 have first class physiotherapy treatment, according to the coaches. Apart from injury related areas, it is evident that physical training under supervision should be improved and/or increased. Only around half of the clubs have designated fitness trainers at the clubs, and less than half of the clubs test their players regularly.

GENERAL (B): The “summer” with limited structured training activity is very long (up to 14-16 weeks), and the season is short, filled with games, esp. on the men’s side. There is therefore lack of time for development practice, i.e. practice that is not used in relation to games (pre-game, post-game), but for individual development. In order to improve the practice situation, it would be positive to have a season with one (1) game pr. week, as a rule. That leaves time for practice and development.

HERRELIGAEN: There is a big difference between the clubs in Basketligaen regarding practice quantity. The players in the clubs with the highest number of “Basketball Hours” pr. week spend around 50% more time on basketball than the players in the clubs with the lowest number. Reasons could be related to finance. On average the players have ca. 21 “Basketball Hours” pr. week, with two clubs players are over 25, but many European clubs regard 25-30 to be an appropriate number for professional players and clubs.

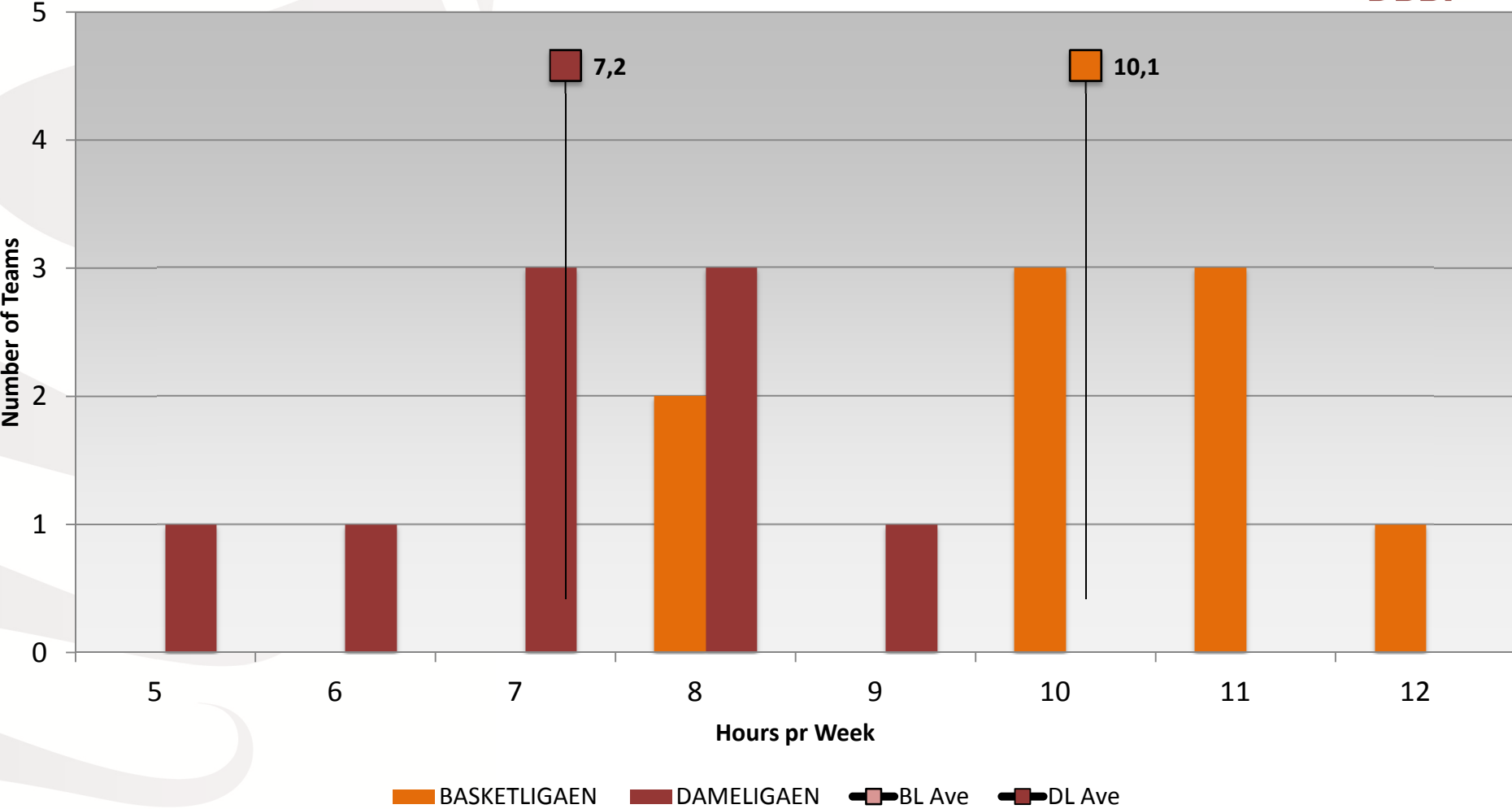
DAMELIGAEN: Clubs need to drastically improve the amount of practice. On average the clubs in the DL are nowhere near “elite” levels, no team is at the 20 hours mark, which should be a minimum, and only three are over 15 hours pr. week. In order to improve the level of basketball clubs need to find ways to enable their players to practice more. Finance might play a big role here.



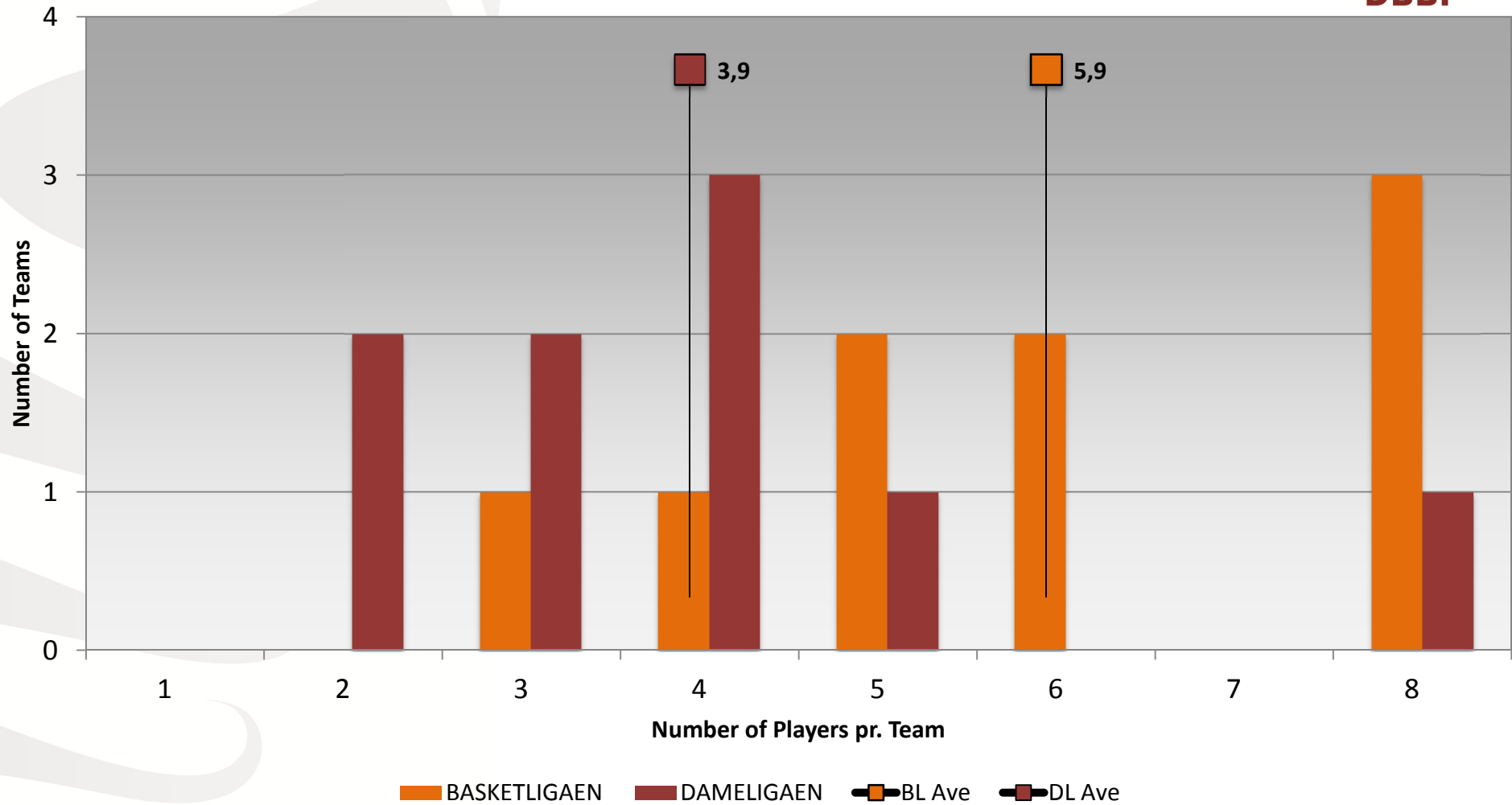
PRACTICE

Team Basketball Practice during Season

[no. of hours pr. week]



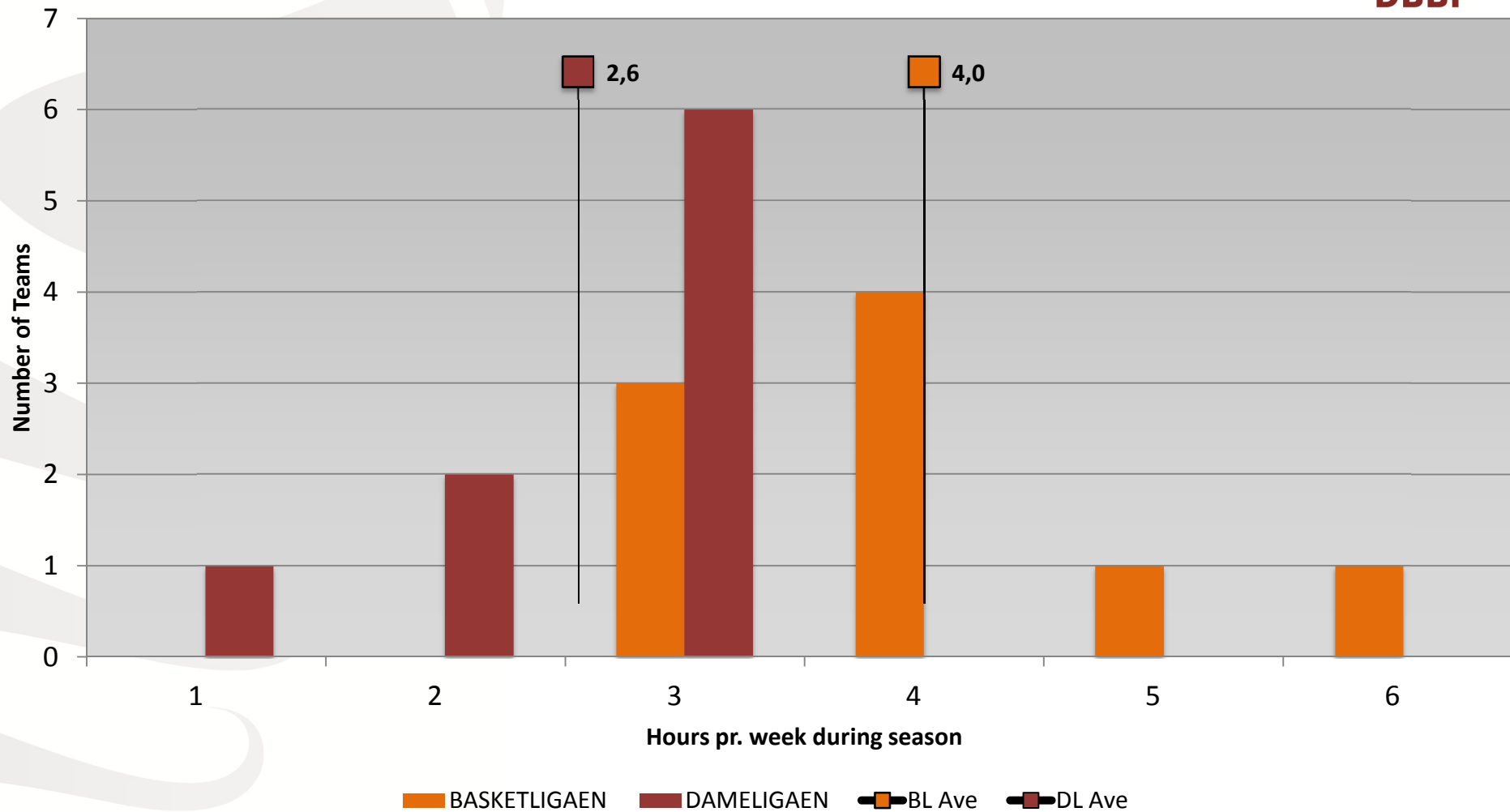
How many Players have regular "extra basketball practice" ? (E.g. morning practice with team or school)





Extra Basketball Practice

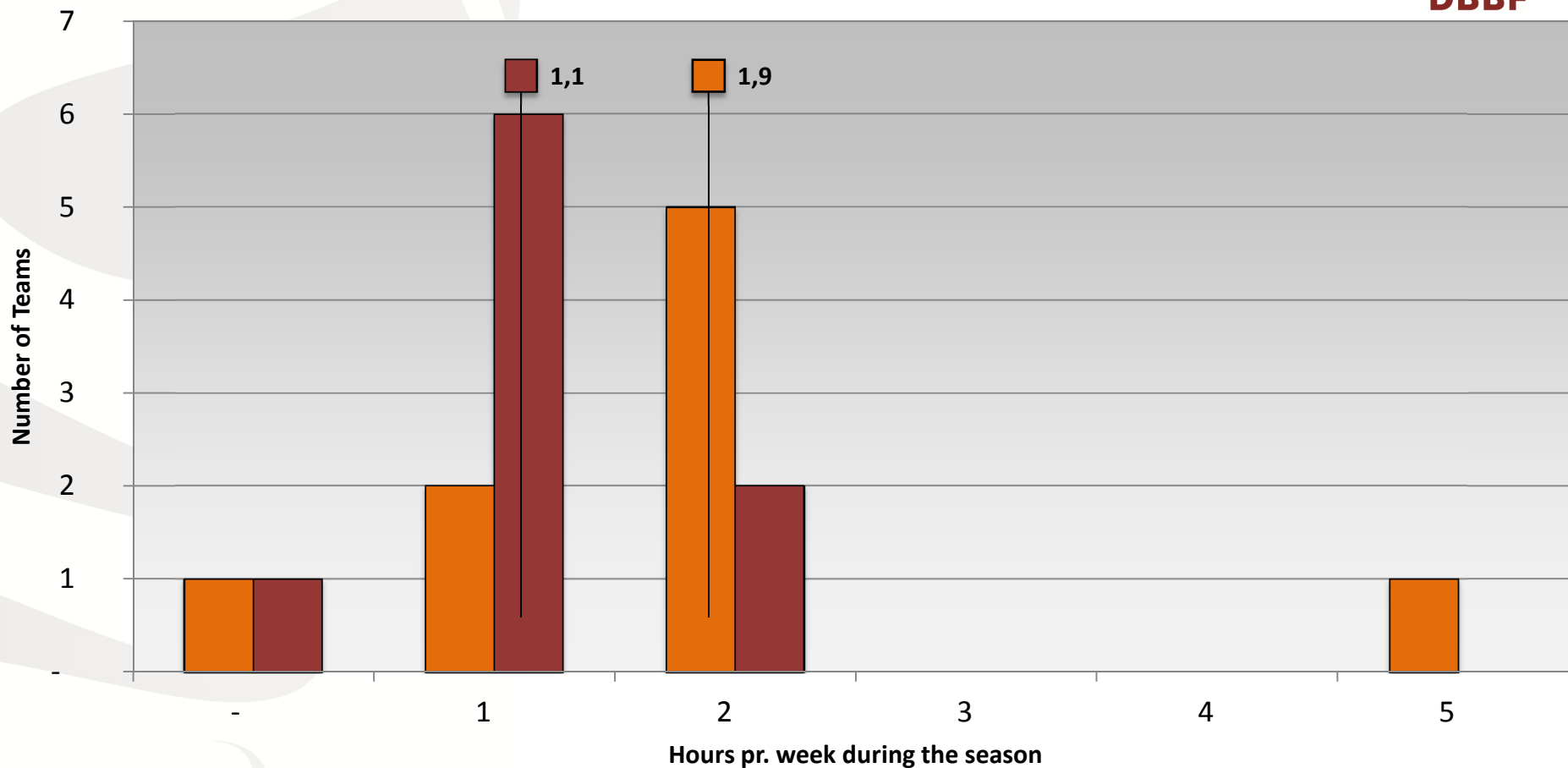
How many hours pr. week on average?





Physical Training under Supervision of a Fitness/Strength Trainer

How many hours pr. week ?

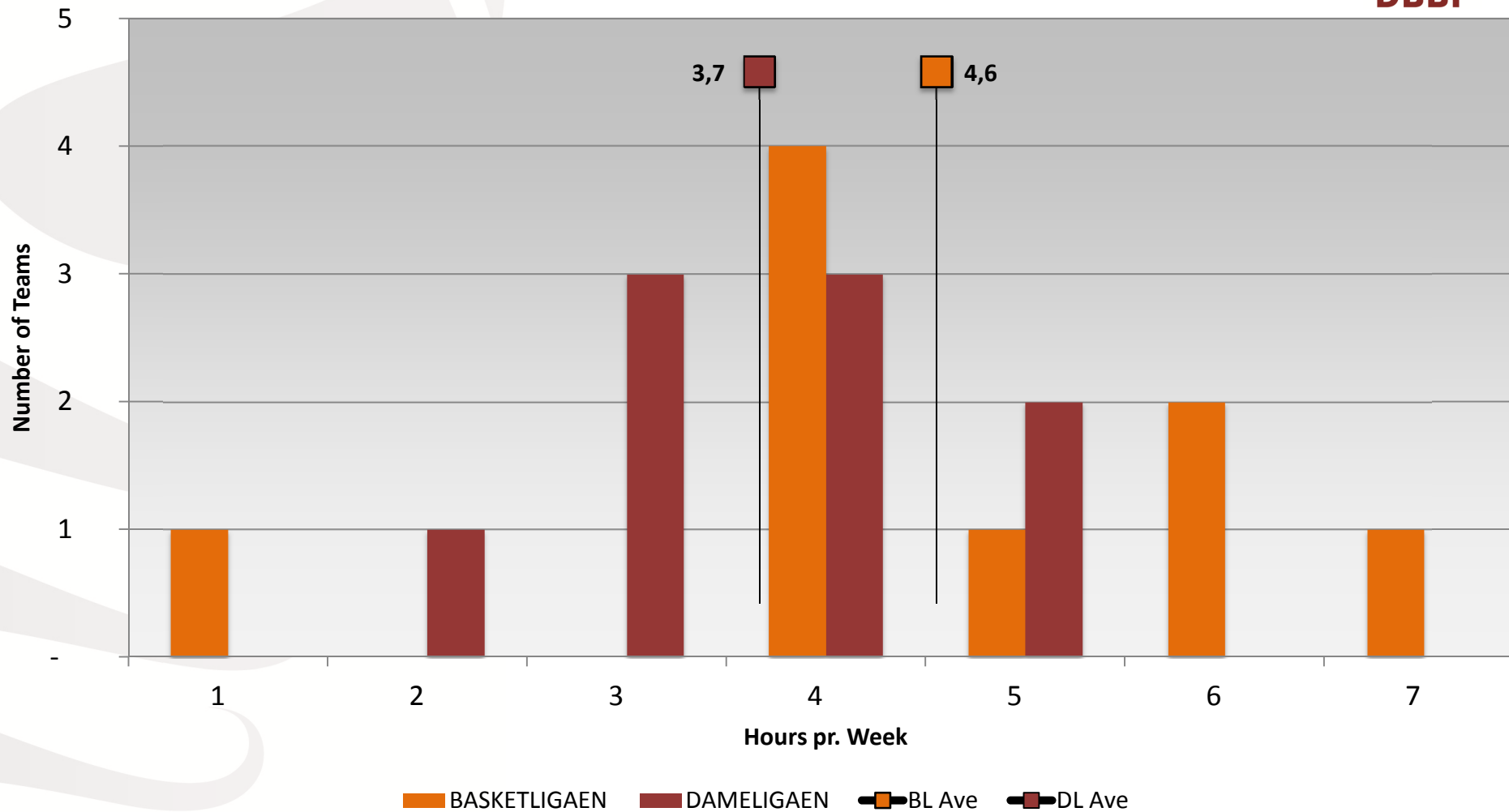


BASKETLIGAEN DAMELIGAEN BL Ave DL Ave



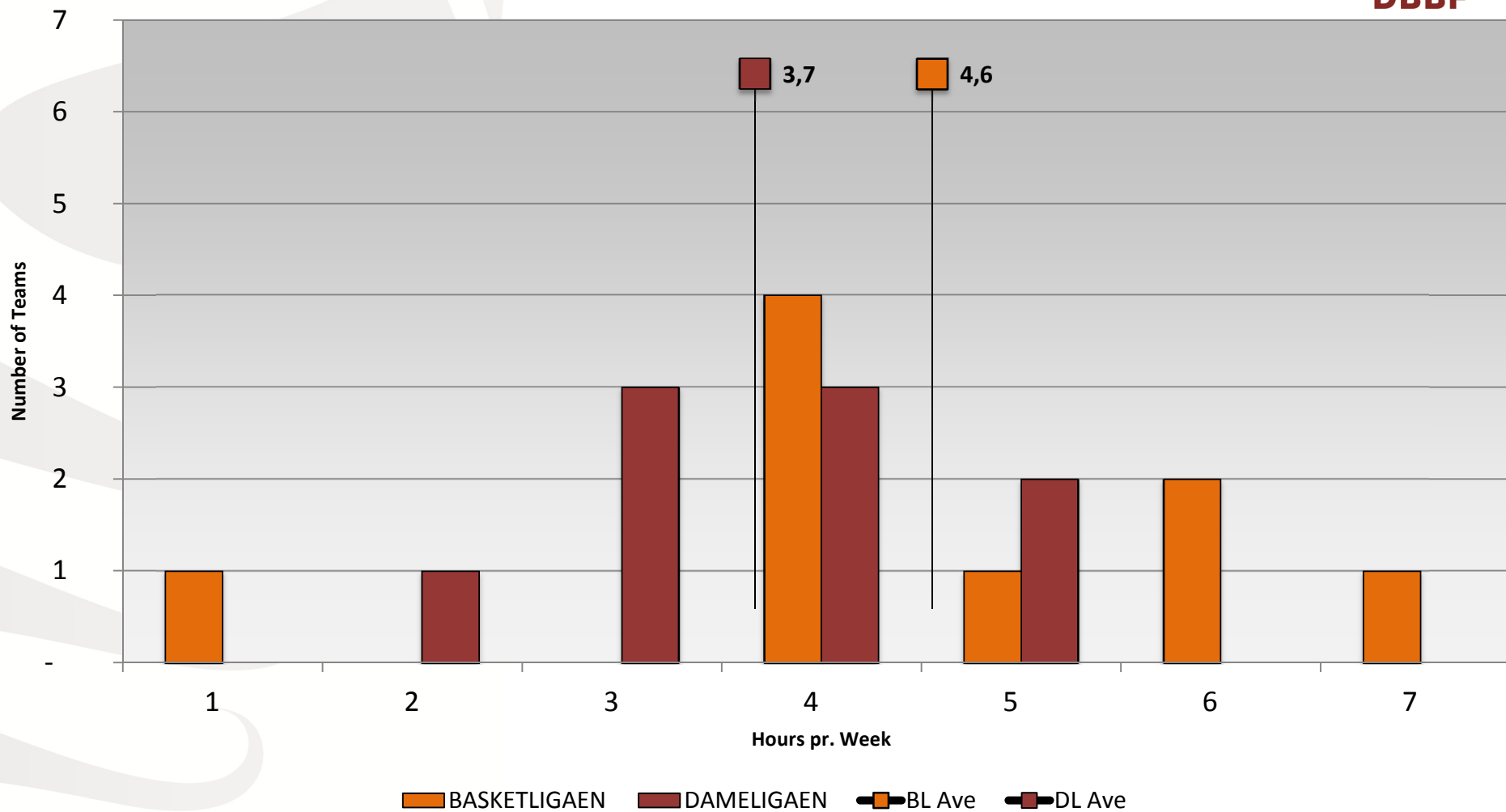
Physical Training, total

How many hours pr week do players on average use for physical practice





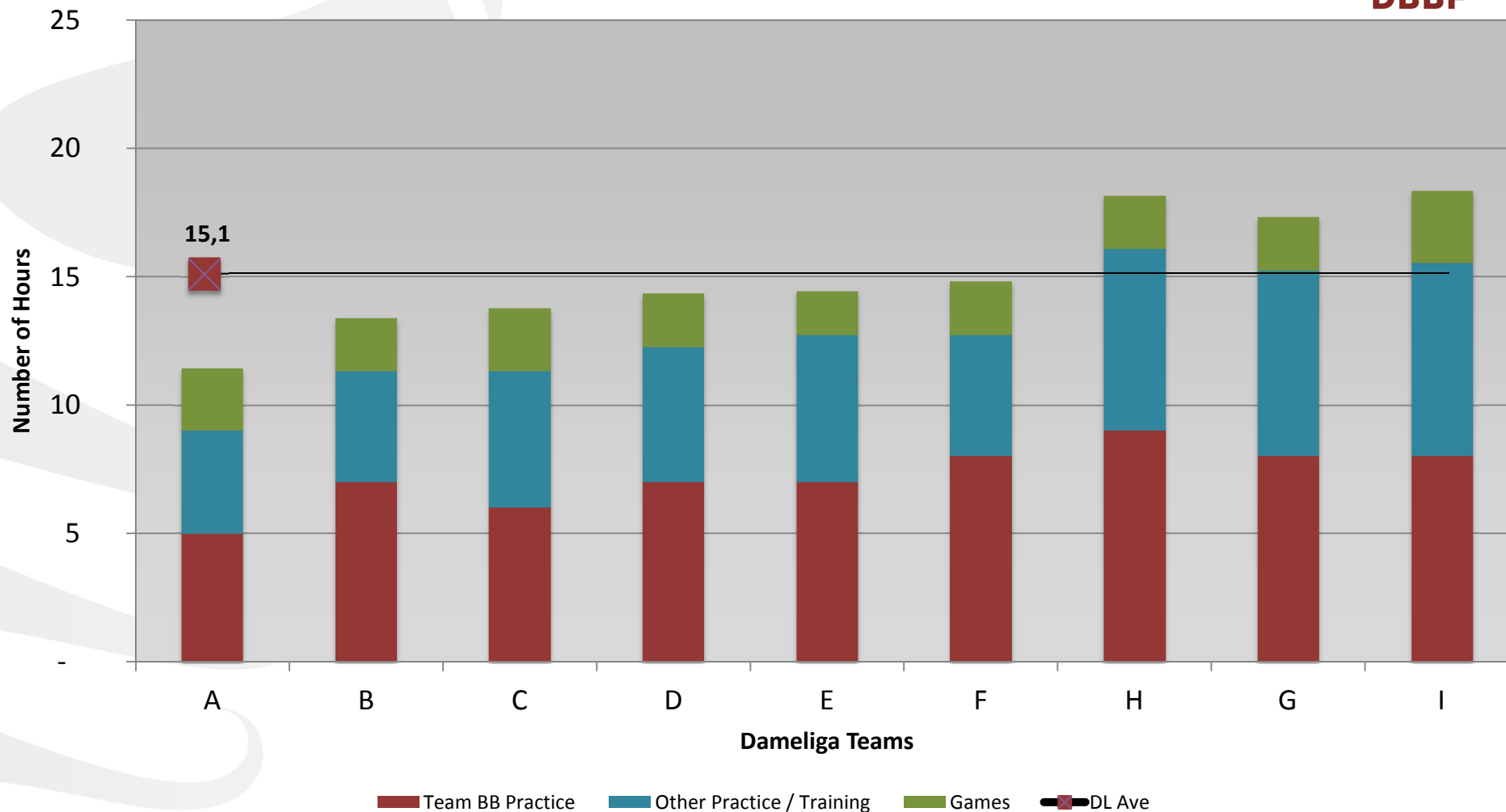
"Other" basketball practice [hrs/wk] (video sessions, team meetings, individual meetings etc.)





Number of "Basketball Hours" during Season

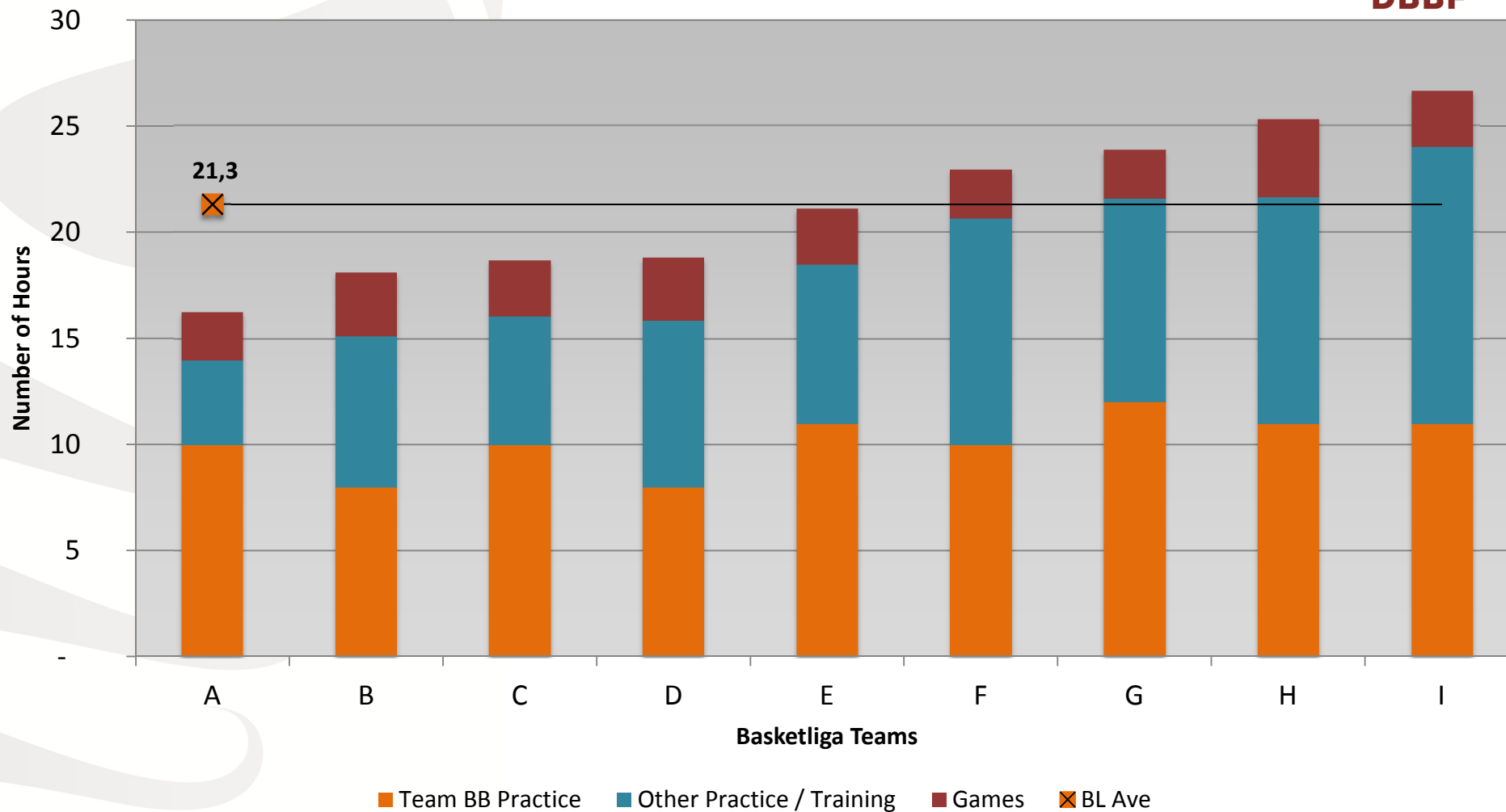
Includes all types of practice and all games (not travel) - Dameligaen





Number of "Basketball Hours" during Season

Includes all types of practice and all games - Herreligaen (does not incl. travel)



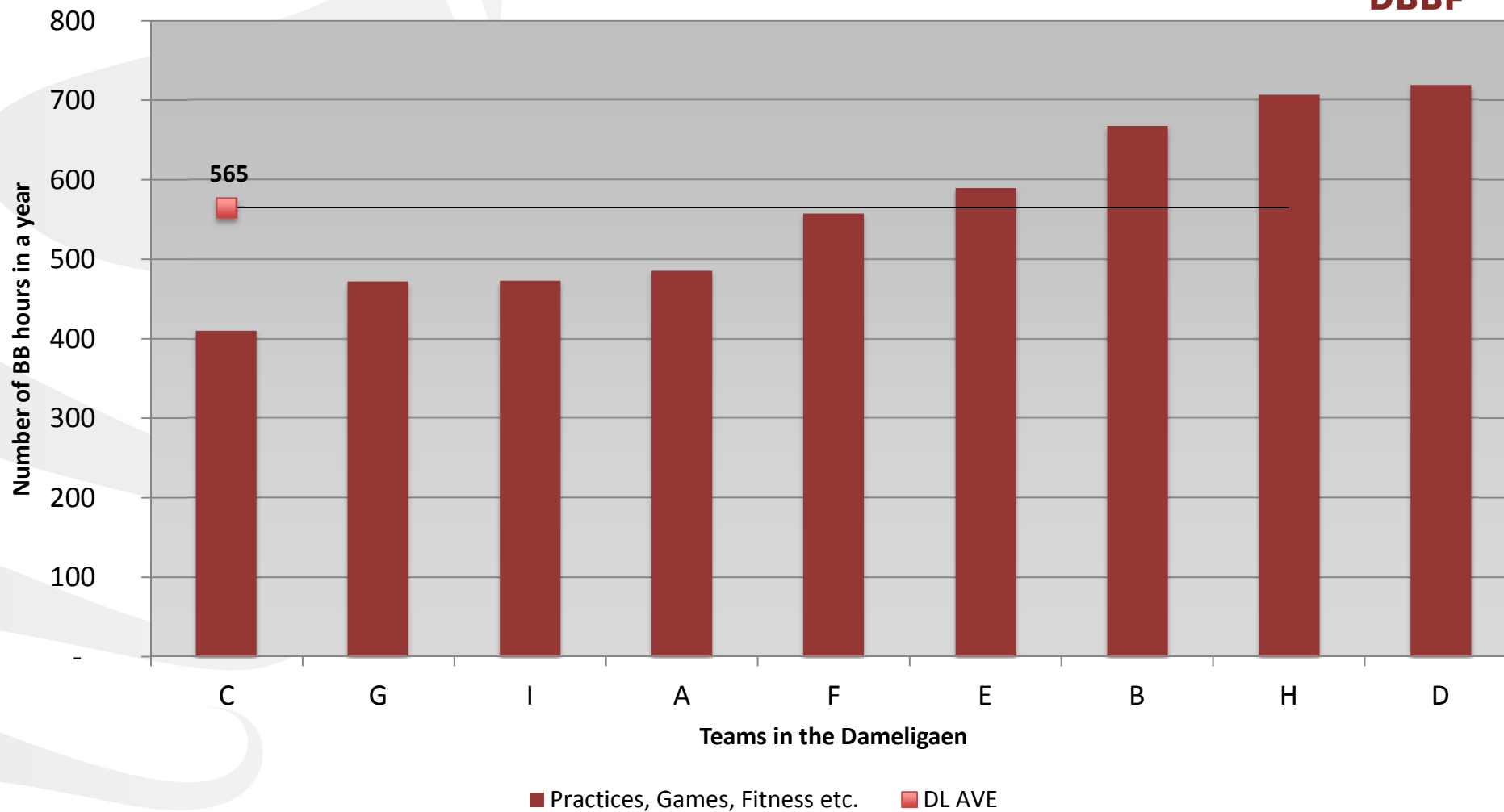
Off season



PRESEASON	Dameligaen			Herreligaen		
	Max	Min	Ave	Max	Min	Ave
Length [weeks]	8	3	6	8	4	7
BB Practice [hrs]	10	5	7,3	12	7	10,2
Physical [hrs]	3	0	2	6	1	4
Games [no]	9	2	7	10	4	6
SUMMER (time from last game of the season to start of the next pre-season)						
Length	14	8	13	16	4	10
BB Practice	5	0	3	8	0	6
Physical	4	1	3	6	0	4
Vacation [wks]	6	3	3,9	6	2	3,3
NT Players	3	1	2	6	0	3

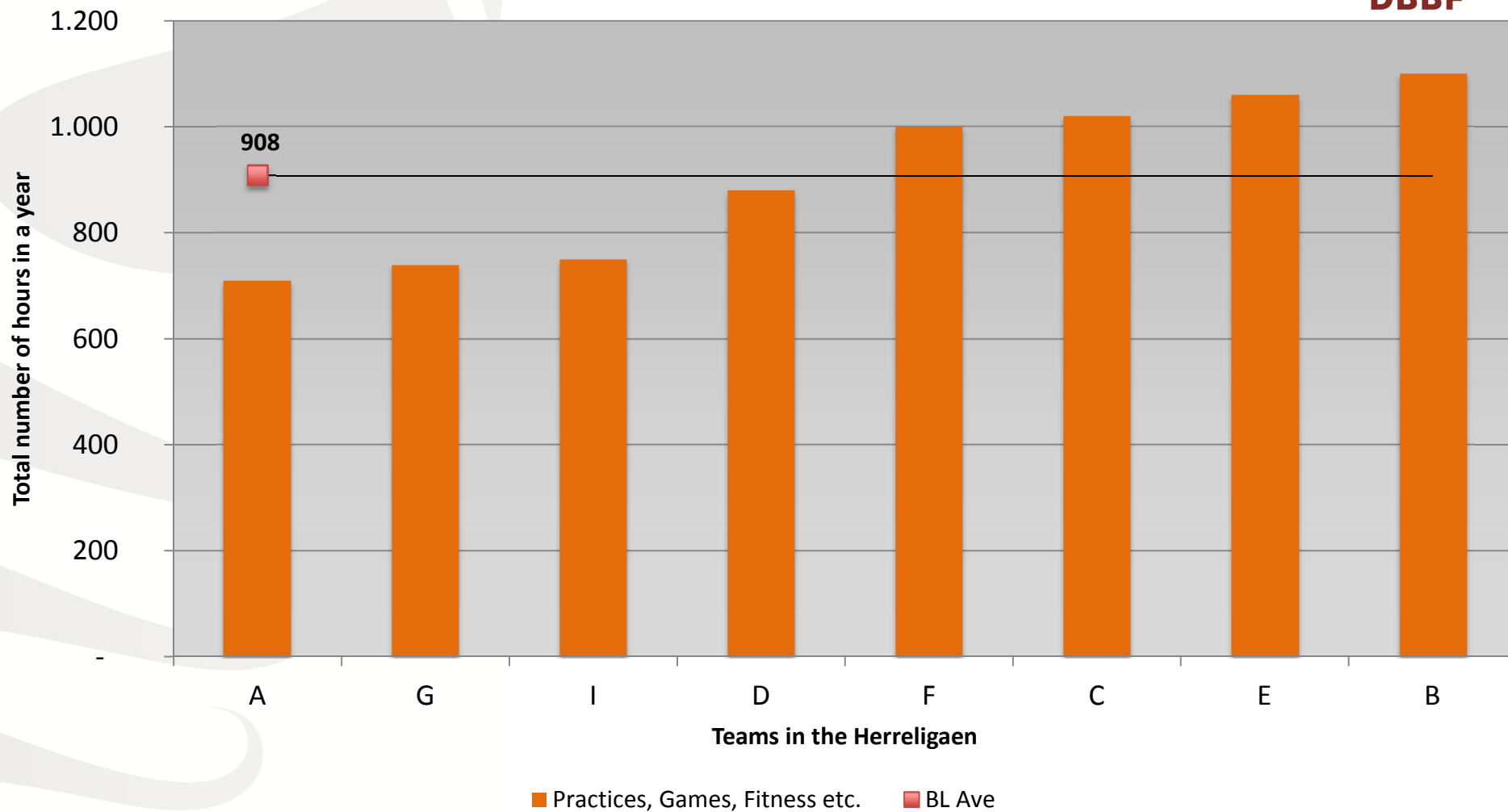


Number of Basketball Hours pr. year [Incl. all practices and games all year long - Dameligaen]





Number of Basketball Hours pr. year [Incl. all practices and games all year long - Herreligaen]

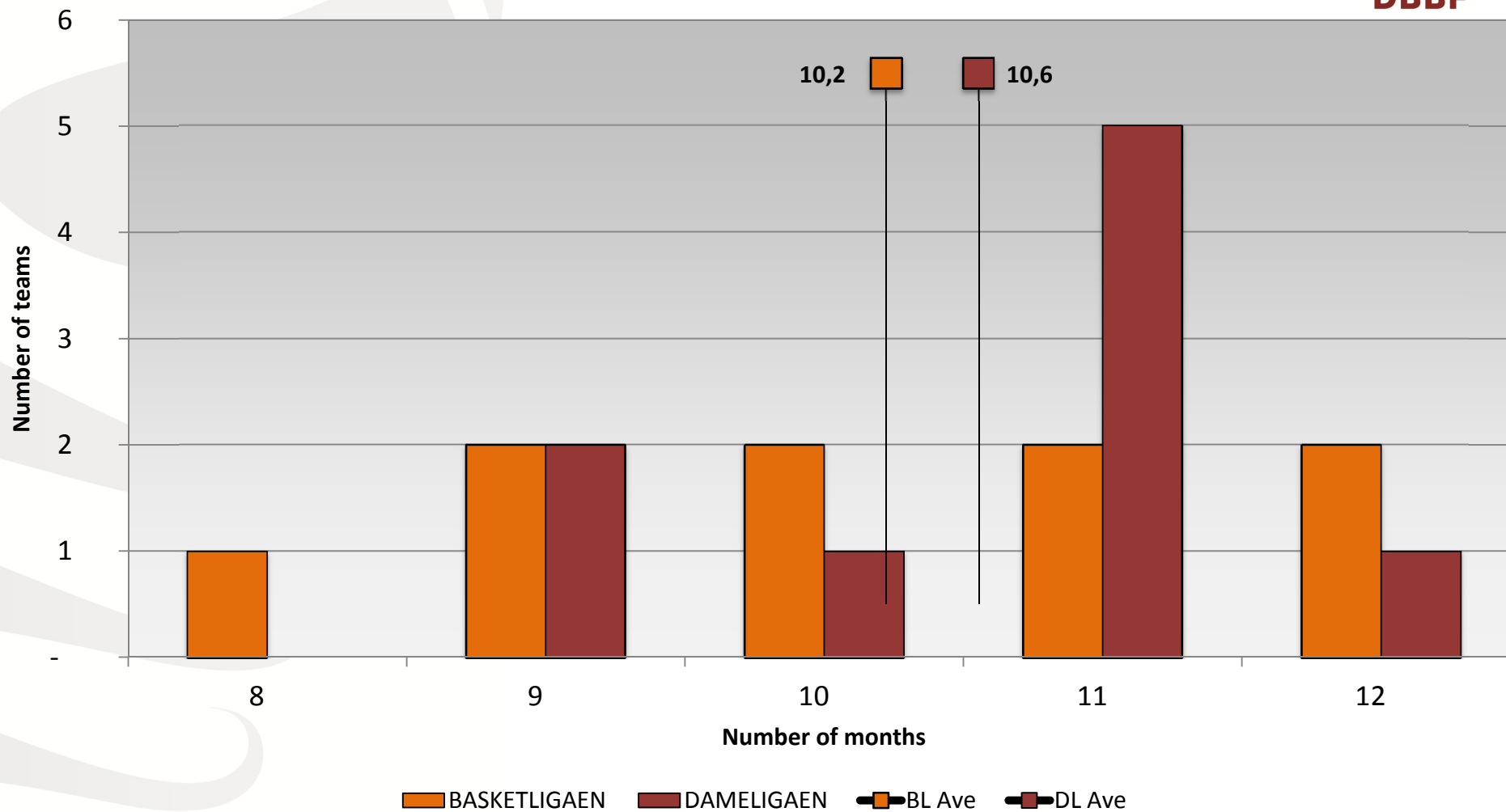




COACHING

Head Coach Active Period

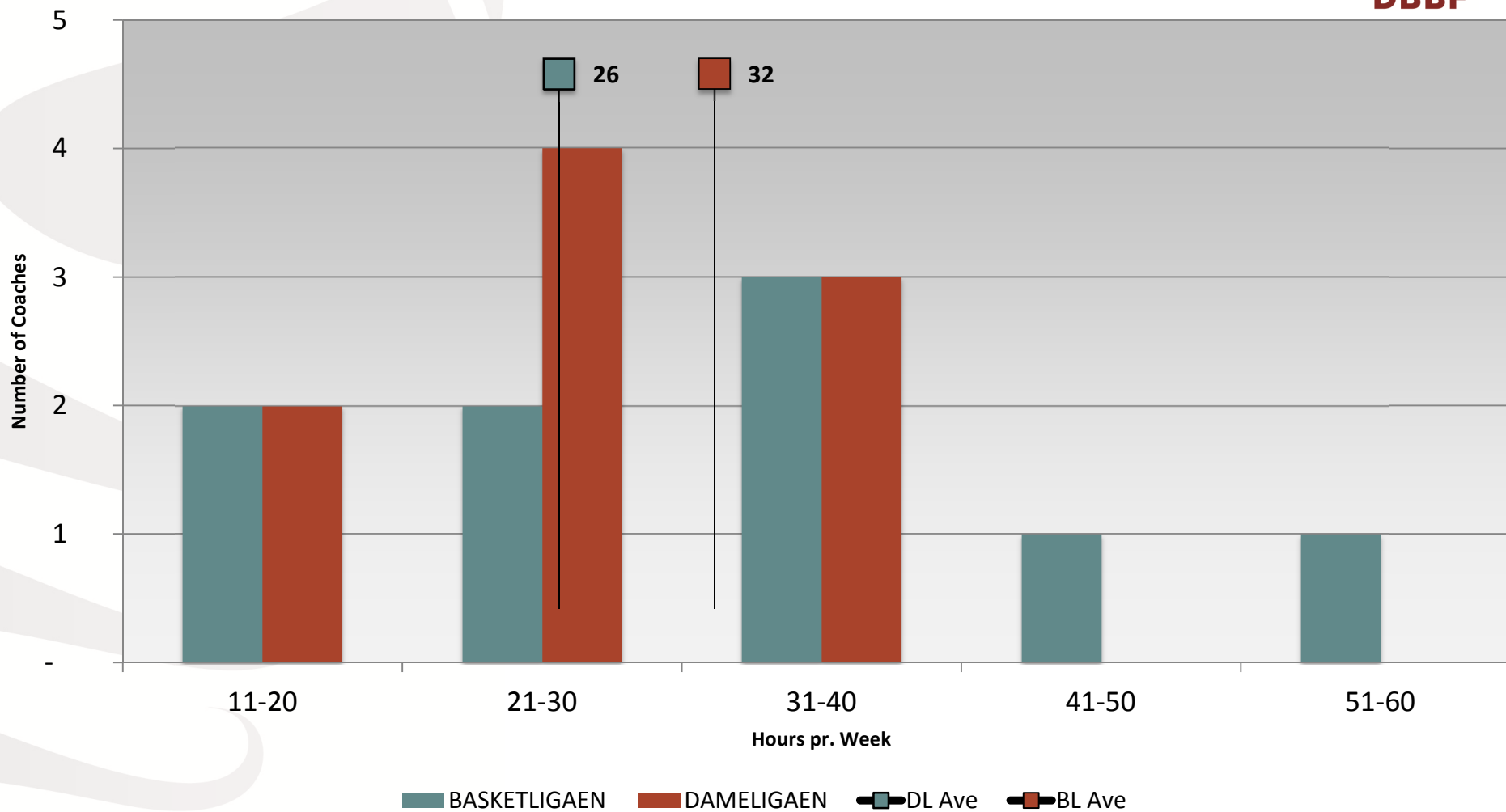
How many months pr. year do head coaches work ?





Head Coach Work [hrs/wk]

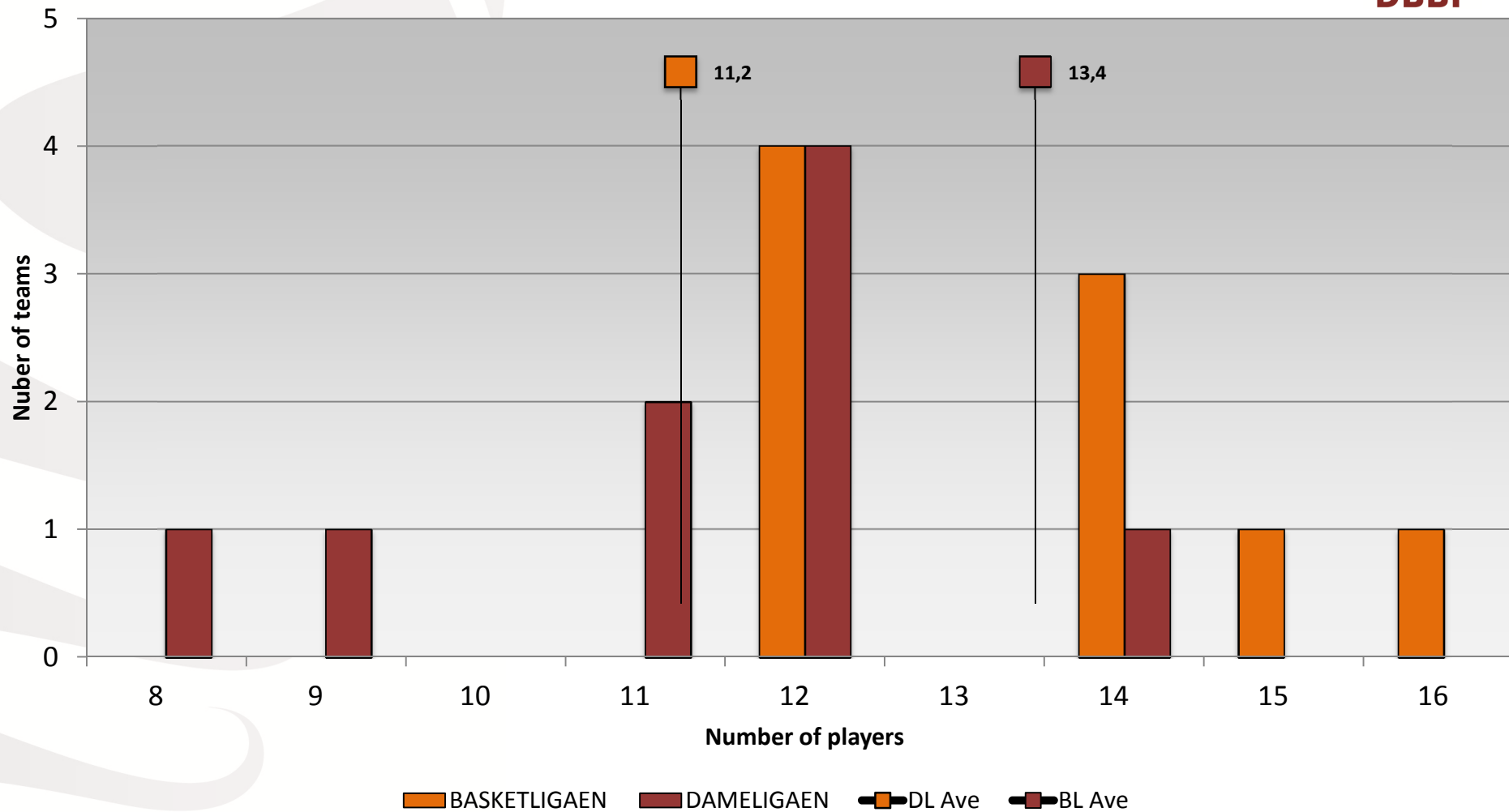
How many hours do Head Coaches work in an average week?





Players at Practice

How many players are there at practice, on average, during the season?



Coaching Assistance



	DAMELIGAEN		HERRELIGAEN	
	YES	NO	YES	NO
Assistant Coach	8	1	7	2
Physio-therapist	9	0	9	0
Fitness trainer	4	5	5	4
Mental trainer	1	8	1	8
Video Analysis	8	1	8	1
Tests for Players	5	4	5	4

INJURY TREATMENT:

DO PLAYERS RECEIVE FIRST CLASS TREATMENT IN CASE OF INJURIES ?

HERRELIGAEN: YES: 3 - COULD BE BETTER: 6

DAMELIGAEN: YES: 0 - COULD BE BETTER: 9



NATIONAL TEAM(S)

FOCUS AND STYLE OF PLAY

Men's National Team

Women's National Team

Youth National Team

Focus Areas



- i. Best Players
- ii. Talent Development
- iii. Health & Fitness
- iv. Coaching & Concept

Style of Play



- Defense
 - Aggressive man-man
 - Zone for tactical purpose
- Offense
 - Read & React Motion Offense, Multiple Options
 - Triangle: Principles vs. Plays
 - Concept vs. Tactics
 - Tactical changes depending on players