



THE NATIONAL TEAM CONCEPT

(LANDSHOLDENES RØDE TRÅD)

INTRODUCTION

This document outlines the rules, framework and concepts that are the cornerstone of the National Team (NT) Program. Coaches and leaders within the program are required to know the contents of this document and to work accordingly. The first version of the NT Concept was published in 2013; this is the second version, published in October 2014.

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I. VISION AND GOAL

Our vision is that in the future Denmark has Senior NTs that are good enough to participate in the final rounds of EuroBasket on a regular basis. In order to do so, they need to be among the 16-24 best teams in Europe. In the years to come the NTs in the world of basketball will play a bigger role in the development of the sport and hence, we aim to use our NTs to promote basketball in Denmark, for the benefit of all players and clubs.

Our current goal for our Men's NT is to reach the final stage of the EuroBasket competition in 2017. If we reach that goal, we will work as hard as we can to maintain that position. We believe that our Women's NT also has a good potential. In order to reach our goals and vision, we need to implement a framework for all our NTs, so that every player and every coach within the program is working the same way and practicing and playing according to the same concept and principles.



A further goal of ours is to send NTs to all major competitions, men's, women's and youth. Previously, we have not had financial resources to do so, but it remains our goal and we hope that soon we will be able to reach it. In 2014 we had, for the first time in history, all NTs competing, even though not all were participating in major competitions, so, judging from that, we should not be many years away from reaching this goal.

The most important role of the Youth NT Program is to develop players and prepare them for Senior NTs. We have to be absolutely clear on this. The goal of a Youth NT is not the results, as such, it is the process, the journey, and first and foremost the development of individual players, through high quality coaching and teaching, inspiration, and international competition.

An imperative part of the Youth NT Program is that it can help create strong and long-lasting relationships between players. Such relationships can be a crucial ingredient for future success of the Senior NTs.

Not all Youth NT players will become Senior NT players, but still, the Youth NT Program should help players develop in the best possible way, to help them reach their full potential, for the benefit of the players themselves, the Senior NTs and Danish basketball in general.

II. PRINCIPLES OF THE PROGRAM

- **Respect.** NT players and coaches respect each other, their opponents, the referees, as well as everybody and everything else that have anything to do with the NT program.
- **Pride.** NT players are proud of representing their country and they understand the importance of the NT for Danish Basketball.
- **Professionalism.** NT players, coaches and other participants of the NT program are professional in every aspect. They are always on time, always prepared, always ready to work hard and never use excuses.

III. STYLE OF PLAY

- **Concepts and Tactics**

The NT Program is build around common principles that apply to all NTs. One of those principles is the style of play. All NTs need to commit to the same concept. We need to have our players learn the Danish Way of practicing and playing basketball from the start. We need to ensure that we have continuity in the whole program, irrespective of individual coaches or players. Coaches must therefore adhere to the program and the concept, without exception. However, the concept does not exclude freedom for individual preferences, both tactical and other.

- **Defense**

As a main rule we play aggressive man-to-man defense with pressure on the ball at all time. It will take time to implement this type of defense in our Program, and therefore we



need to be very focuses and committed. This type of defense is very demanding, both physically and mentally. Following are twelve of our main defensive principles:

1. Constant ball pressure. Players must understand what is meant by “ball pressure”.
2. In the frontcourt players execute according to the concept of “shadow defense”.
3. Proper and active use of hands in defense, both on- and off-ball.
4. Disciplined defense where players do not reach or gamble.
5. Pass denial when one-pass-away; especially entry-passes and reverse-passes.
6. Low-post is $\frac{3}{4}$ fronted. Double-team from baseline vs. strong players. Full front vs. strong/big players when inside.
7. Cutters are bumped and denied the ball. Defender between ball and man.
8. No drives into the middle. All penetrations need to be forced towards the baseline.
9. Players need to learn the concept of “flying with the ball” so that they start closing out before their man receives the ball. Closeouts need to take away the middle-drive.
10. Players need to know exactly how to defend the ball-screen; the main ball-screen defense is a hard-hedge, but other means, such as flat-hedge, soft-hedge, trap and switch may be used for tactical purposes. Same principles apply to defense vs. hand-offs as to ball-screens.
11. As a rule, shooters are chased through screens but we may also switch on away-screens, especially when they involve similar sized players. Basically all screens that involve equal sized players can be switched, as long as the switching is aggressive.
12. Help side defense and rotating principles needs to be clearly defined and practiced. Players need to know precisely how to rotate on hard-hedges, ball-screen-traps, baseline help and low-post double team.

Coaches need to make sure that the players understand these principles and they shall not accept anything else than 100% effort from every player. There can be no mistake as to what “ball pressure” means. Defending the right way may very well be the single most important part of our style of play. We do not expect all NTs to know all the aspects of our defensive principles; it is a gradual process from U14 to the Senior NTs. See chapter about Age Related Focus Areas below.

As an alternative to the aggressive man-to-man defense we can teach and apply a Zone Defense (or a Match-up Zone) to be used tactically, especially if our man-to-man defense is not able to contain offensive players from penetrating into the paint and reaching the basket. The Zone Defense is not to be played in the youngest NT and, as a rule, is first to be played with the U18 team. The main objective of the Zone Defense shall be to take away penetrations, protect the basket and keep our best rebounders close to the basket. Coaches can decide to run a full-court Zone Press, which falls back into the Zone.

- **Transition**

We should look to fastbreak every time we have the ball, regardless of how we got the ball (rebound, steal, inbound). Quick ball movement up the court (passing and/or speed dribbling) is key and importantly, we must have a structure in the transition offense with a cutter to the basket. This means that all players need to understand how the transition is run and if the fastbreak does not lead to a shot we automatically flow into our half-court offense, without having to stop and set up. Players need to learn how to find good scoring opportunities in the fastbreak. They also need to understand what are good scoring opportunities and what not.



- **Offense**

Our offense needs to be able to flow straight from transition. We fill the spots on the floor and execute according to the situation. Ten of the main aspects of our offense are the following:

1. We have five spots on the floor that the players fill every time down the floor.
2. We have an offensive balance that emphasizes proper spacing and angles for passing and penetrating.
3. We emphasize ball movement, and constant attack-mode; good ball flow is the foundation of the offense.
4. One of the primary goals of our offense is to penetrate the defense, by way of passing and driving, in order to create good scoring opportunities, both inside and outside.
5. Every time a player has the ball in the half-court offense, he shall have multiple options, basing his decision on the situation; this requires a certain level of “game intelligence”; hence we must teach our players to read the game and react to the situation.
6. This includes having multiple entry options to get the offense going.
7. We should always have one main offensive structure that we constantly run, such as the “triangle” offense or some type of a motion offense that we do not need to set up each time.
8. One of the main goals of our offense is to put the ball into the hands of good players in situations and spots where they are most effective.
9. After an offensive rebound we want to attack immediately or get straight to the offense.
10. Coaches and Players realize that the most important aspect of the Triangle Offense (or a similar type ball movement offense) is the correct execution of fundamentals, such as footwork, passing, posting up and getting open on the wing; lay-up and jump-shoot techniques. Teaching and honing fundamental skills must be at the very core of the NT Program from the start (U14) to the end (Senior).

Both our Senior NTs currently run the Triangle Offense, which incorporates all our main offensive principles. Each NT coach can decide whether to commit 100% to the Triangle offense, or he/she can use parts of it, or run a different offensive pattern, as long as it follows our offensive principles. Unless otherwise decided, U23, U20 and U18 teams adapt to the same style of play as the Senior NT, which currently means the Triangle offense.

Regardless of the style of play, each NT coach does have various tactical options. In this context, coaches need to understand the difference between the “concept” and “tactics”. However, even if we allow tactical adjustments, there are a few things that we clearly do **not** want. Here are five examples:

1. We do **not** want the point guard dribbling the ball for 10-15 seconds getting the offense started by running set plays.
2. We do **not** want to be calling and running set plays all the time, where there is only “one option” for a player.
3. If we are running a fastbreak that does not result in a shot, we do, as a rule, **not** want to pass the ball out and spend time re-set the offense; we prefer a continuous flow from fastbreak to half-court offense.
4. We do **not** want the coach making decisions on which plays to run, every time we are in the offense. Players need to learn how to make the right decisions.
5. We do **not** want to run pure ball-screen offenses.



- **Other**

Apart from the concept, or style of play, there are a few other offensive principles that need to be taught the same way throughout the whole NT program. Following are four examples:

1. Time Management: Players need to be aware of shot clock and game clock at all times and understand the concept of “2 for 1” at the end of periods
2. Clever Fouling: Players need to know the foul situation at all times and they must learn when and how to use fouls for a tactical purpose, such as to avoid mismatches and stopping fast breaks, but at the same time they must understand which fouls they should avoid, such as fouling the shooter or player performing a lay-up.
3. Offensive rebounding: We should have a rule on how many (and which) players we want going after the offensive rebound (3); the rest of the players (2) get back on defense, nobody stands and watches. It is important that the players getting back act quickly; they can also serve as outlet passes for offensive rebounders under pressure.
4. Transition defense has three primary rules: Protect the basket – Stop the ball – Match up and find the shooters.

IV. RECRUITMENT AND SELECTION

- **What to look for when selecting**

First of all, selected players must be dedicated and committed to basketball (15-25 hours of practice pr. week) ambitious and respectful to the program. It is imperative that all selected players are made aware of these requirements. Players that are not willing to put in the hours should not be selected. Youth NT Players must have a goal of becoming senior NT players. Players need to understand that under no circumstances can they opt out of the program.

If a talented player for some reason does not fulfil the required amount of weekly practices, the NT Coach should find out why, by contacting the club and parents. It is important to increase the weekly hours of practices, step by step, in a sound progression.

Players must be motivated. It is important to talk to players regarding their ambitions and motivations. Players that want to have a professional career in basketball should be selected rather than players that already know that they will stop as soon as they start studying or players that see college basketball as their basketball goal in life. However, it is also important to be aware of where the players come from, and how they are being presented to their basketball opportunities. We should help young, talented players to understand, what basketball can bring to their lives. The NT Program can and should be used to inspire and motivate our talents.

Further attributes that we are looking for:

- Athleticism and physical abilities such as quickness, speed, power
- Positive attitude and good work ethic
- Anthropometric measurements; height on all positions.
- Technical skills and execution
- Special individual qualities, such as shooting ability, 1-on-1 defense, etc.
- Learning capacity



- Creativity, court vision, basketball IQ (tactical skills)
- Mental qualities such as competitiveness, self-confidence, leadership

- **Understand the future role of the players**

There should not be a primary focus on positioning of players before U-16 level.

From U16 level and onwards, players should primarily play positions that potentially will be their position at senior level. This typically means that a player that will not have the size/height to play inside on senior level shall be taught to play outside, even if he/she could play inside at a young age, perhaps due to the fact that he/she has matured early.

At the Youth NT level players should, as a rule, not play certain positions for possible game-winning purposes only; the focus of the NT coaches needs to be on the development of the players at all times.

- **Deciding on which NT players should play and practice**

As a rule, a talented Youth NT Player should practice and play on the team that best help his/her development. This means that in some cases it can make sense that a U15 player play with the U16 team or that a U16 team player play with the U18 team. It can even mean that a U18 team player play with the U20 or the senior team instead of playing on “his/her own” team.

The main rule is that decisions shall be made solely with the development of the Player in mind. The coaches of the respective teams shall make decisions, but if they do not agree, than the sports director and the talent director will make a decision, based on solid research of the case.

In order to keep young NT Players motivated, both mentally and physically, we will (as a basic rule) only select Players twice for Youth European Championships, out of four possible selections. This means that a Player should, as a rule, only play once on the U16 and once on U18. This is to avoid mental and physical fatigue. We may make exceptions but those need to be well analysed and discuss beforehand.

- **Selection of the team**

During the selection of a NT for competition it is of high importance to give good feedback to players. Players that are cut from the team, especially at the last moment, need to understand the reasons why. Apart from this, it is imperative that all players feel that they are treated fair in this respect. As a rule, players that are cut from a team should know about this before the rest of the group does and they should learn about this from their coach, personally. Players will be unhappy that they get cut from the team, and that is normal. But they should never be able to point out that they were not shown respect or that the selection was not professional.



- **U14:** After the open practices 24 players are selected for participation in Copenhagen Invitational. This will be done the following day after the last open practice with a standard letter, i.e. an e-mail written and sent out by the Talent Director/DBBF in cooperation with the NT Coach, to players, parents and club coaches. The following day the information will be put on the webpage. Players are offered feedback by contacting their NT Coach, and they are told that they are welcome to next season's open practices (with U15).
- **U15:** The exact same procedure is followed with the U15 group, when the coaches select the 24 players that are going to participate in Copenhagen Invitational. One week after Copenhagen Invitational, 12 players will be invited to play NSDBC in August. This is done with a personal e-mail to each player and their parents and club coaches with individual feedback from the NT Coaches. The following day, the selection is announced on the webpage. The players are told that they are welcome to next season's open try-out (with U16).
- **U16:** Exactly one week after the open try-out, a group of 24 players is selected. Everybody that participated, and their parents and club coaches, will receive a standard letter (an e-mail written and sent out by DBBF), and they are offered individual feedback if they contact the national team coach. The selection is then put on the webpage. When the team is cut down to 12 players (for the Nordic Championship) + 4 reserves, all 24 players will get thorough individual feedback face-to-face. This is done right after the last practice in individual meetings, in a meeting room nearby the gym. Further, the players receive feedback in writing (an e-mail), also sent to their parents and club coaches. The following day the selection is put on the webpage. The 12 players + 4 reserves are competing for the spots for the European Championship. When this final team is selected, approximately 10 days before the championship, it is again done with individual meetings with each player + e-mails to parents and club coaches.
- **U17:** There is no cut in this group. A total of 12-16 players are invited to practice play games in June. The players will be personally invited in late April, and after they have committed to participate, the selection will be put on the webpage.
- **U18:** 24 players are invited for the first NT Practice. The NT Coaches will contact each player personally, before the selection, and when the players have committed to the program, the selection will be announced, first with an e-mail to all players, their club coaches and parents, then on the web page. When the team is cut down to 12 players (Nordic Championship) and 4 reserves, and when the final team is selected for the European Championship, the exact same procedure as with the U16 group is followed.
- **U20:** 16 players are invited with personal phone calls. The selections will be put on the webpage, after the players have committed, and after everybody (players, parents, club coaches) have received the news.

All coaches have the responsibility to thoroughly explain to the group, exactly how the team is selected, what it is we are looking for. With U16 and U18 this should be done in the beginning of the season, and repeated during the season. With U14 and U15 the players are encouraged to have less focus on selection and more focus on individual development, however, when selection of the team is made after the open practices, the subject has to be touched upon. The Federation sends out information regarding every selection to clubs,



coaches and players via e-mail and the Federation's web page in co-operations with the coaches.

- **How to put together a team – few guidelines**

When selecting our Youth NTs, we look for the following:

- The most talented players; potential Senior NT players must be on the team
- The best players (to support the potential)
- Leaders
- Guards that can run the offense
- Shooters
- Defensive quickness
- Competitors
- Social skills, that can enhance team chemistry

We try to get a little bit of everything from the list above, into our teams. Team chemistry is a big factor and the coaches need to have that in mind when putting the team together. Positive attitude of players is crucial.

- **Relationship between NT Coaches and their “own” clubs**

Many of the coaches within the NT program are linked to Danish Basketball Clubs, one way or the other. It is important that the coaches realize that the issue of having the club benefit from this situation is very sensitive.

There are especially two aspects that coaches need to keep in mind. The first one is that they (the coaches) need to be objective when selecting players. If head coaches select “unusually” many players from their own club, they have to be very sure about what they are doing and their assistants should back them up, professionally.

The second issue is that it is unacceptable if NT coaches use their situation to get NT players to move to the club of the NT coach. In order to secure best possible ethics in this context, all NT coaches will sign a special contract regarding NT players moving between clubs.

V. AGE RELATED FOCUS AREAS

We do expect all NTs, starting with U14 to be able to execute our offense and defense according to our concept and principles; we have to build things up gradually. These guidelines are limited, and give space for each coach to work – however, everything must be done in dialogue with the sports director and youth coordinator. During this and the following seasons, more details will be put into the concept, in cooperation with the Youth NT Coaches. Here are a few guidelines as regards to focus areas for the different age groups:



Nat Team	Defense	Transition	Offense	Physical	Practice hrs. wk.
U14	Man to man main principles, focus on individual defense, basic stance and footwork, active hands, ball pressure, both half and full court.	Fastbreak fundamentals, e.g. outlet pass, catch-on-the run etc.	No set plays. Principles and fundamentals. Ball movement. How to get open, triple threat, how and when to attack with the ball against ball pressuring defense. No pick'n'roll.	The concept for all age groups will be presented and implemented during the season.	12 - 14
U15	Transition defense, back to team defense; positioning, denial, help side, etc. Defense on pick-and-roll, and handoffs.	Same	No sets, principles and fundamentals of offense. Focus on how to play against pressuring and denying defense. Pick'n'roll and handoff offense. Main focus is on the simple patterns of motion offense and ball/player movement.		15
U16	Defending screening situations (incl. ball screens), post defense, mismatches, trapping, etc. Limited use of zone defense (half and full court) to change rhythm of the game.	Implement special assignments in transition game. Big man down to the basket.	Bigger focus on individual techniques and tactics on specific position, assignments and roles for each player. Stimulate individual creativity covered within the tactical obligations. Volume of tactical content increases. Use of low and hi post. Learn to play vs. zone defense, use same offense principles (ball inside, aggressive, attack).		16
U18	Defending more advanced situations, e.g. from scouting, set plays, etc. More focus on individual matchups and defending different tactical situations according to the personnel involved.	Same	Ongoing player position specification. Team tactic responsibilities increase. Stimulate individual creativity – especially with the players that could be prospects for senior team. Implementation of the triangle offense.		18



U20	Similar focus as with the senior national teams.		Similar focus as with the senior national teams.		20
Senior	Concept & tactics		Concept & tactics		20+

VI. PRACTICING AND TEACHING

- **Guidelines**

As a rule we have (at least) three coaches at every NT practice. Example: The Head Coach runs the practice from the middle of the floor and the two Assistant Coaches are positioned one on each end of the floor. The Assistant Coaches constantly give feedback to the players, during every practice. Every single player needs to feel that he is being watched and developed. A good rule of thumb is that every single player gets personal feedbacks at least three (3) times pr. practice. Every coach on the staff of every NT shall have a specific role within the staff, which he/she has responsibility to fulfil.

All mistakes shall be corrected. If we, for example, want to implement pressure defense or a certain way of defending ball-screens, we must stop the practice and correct the Players every time they do mistakes. We need to realize that basketball is a game of habits, and we need our players to develop good habits.

All aspects of the offense should be explained in detail to players, as regards to why, when and how they are done. Players need to understand the purpose of what we are doing.

NT coaches need to behave professionally. The way they run their practices, the way they dress, speak to players etc. needs to be at the highest standards, without exception.

The NT coach shall monitor his/her players throughout the club season and try to assist with his/her development. In that context, the NT coach must ensure that there is good and open communication with the players' club.

- **Focus areas**

Individual development shall be a focus area in all practices, hence the minimum of three feedbacks to every player pr. practice. There shall, at all times, be a special focus on correct execution of basketball fundamentals, such as footwork, passing, cutting, shooting etc.

Further, implementing the NT Concept shall be a focus area in every practice, either through 5on0, 5on5 or breakdown drills, with and without defense. As a rule of thumb, NT coaches shall spend as much time teaching and practicing defense as they do offense.

When teaching fundamentals and tactics, coaches shall primarily focus on the decision or action by a player, not the outcome.

- **Structure of Practices during Camps**

During practice camps we should always aim to have two practices pr. day, one in the morning and one during the afternoon or evening. We want there to be at least five hours between practices. It makes sense to vary the intensity of the practices, i.e. have only one of



the two practices physically demanding, the other one easier, with a stronger tactical and/or technical focus. NT coaches along with the Physiotherapist should make a professional decision about the intensity levels, based on the situation of the players.

- **A Typical Practice build up**

(0) Before the practice the players should have an idea about what will be the focus of the practice.

(1) As a start, all practices shall include a functional warm-up phase that gets the players ready to start practicing basketball. This part could for example last about 15-20 minutes.

(2) Second, there shall be a short (max. 5 min.) introduction by the Head Coach (before or after warm-up) as to what shall be the content of today's practice, what will be done and why, and a little talk about what the players should pay attention to during the practice.

(3) The bulk of the practice (maybe 45-60 min) will be used on the "focus area" of that practice. Coaches should try and avoid doing many different things at practice, rather choose one or two "themes" that shall be practiced and taught well.

(4) Make shooting a part of every practice. Try to develop shooting drills out of the offensive system.

(5) Last, but not least, physically demanding practices should end with a cool-down phase that includes stretching.

- **Video Analysis**

NT coaches shall use video analysis to aid in the development of players and concepts. The primary focus of video analysis shall be on own NT player and NT team development. Tactical analysis of opponents is secondary. Video analysis should also be a part of practice for individual development. In order to be able to maximize the use of video analysis, coaches should both analyse games and practices. Currently the NT Program provides the Coaches with Sideliner Analyzer licenses that shall be used extensively in order to enhance the players' learning process.

VII. GAMES & COMPETITION

- **Goals**

We need to approach every game with the purpose of doing our best, regardless of the situation or the opponents. We must never accept anything less than our best from our players, our coaches and our organisation. Goals for tournaments and games need to be stimulating, yet realistic. Everyone should know the goals.

- **Preparation**

Primary focus in preparation for games should be on own performance and development. Players must know what is expected of them and coaches must make sure that the players should know what to expect from their opponents. All teams within the NT Program must be optimally prepared for every single game.



- **Feedback**

Players need to get timely personal feedback about their performance, either during the game or at the first possible occasion after the game. Feedback that can be substantiated, for example by game film, is always strong. It is a good idea to give a player feedback every time he/she is substituted in or out of a game. It is important for the player to understand the situation. It is also important that the Coaching Staff do a good job of evaluating, based on studying the game and the performance.

VIII. PHYSICAL TRAINING

- **Fitness and Strength Training**

One of most important aspects of bringing our NT Program forward is the emphasis on physical training. The physical training (strength training or fitness training) needs to be viewed from two different viewpoints. One is the fact that basketball is on an international level is a very physical sport where the players need to be in top shape, both strong and quick. All players on a high international level are very athletic. On the other hand we need to acknowledge, that an injured player cannot play, it is as simple as that. We have had a high proportion of injured players and we therefore need to ensure that all physical training is executed with the aim of injury prevention.

Every NT should have a designated Strength and Fitness trainer. This can be a separate fitness coach, this can be the physiotherapist or this can be one of the assistant coaches. Most important is that one person on the Coaching Staff has the role.

- **Testing**

All players shall be tested, at least once every season. The test that we run is the NBA Rookie Test or a similar test, including components of conditioning. All test results need to be collected in our Sideline database.

- **Injuries and Physical Therapists**

It is of utmost importance that the Physical Therapist is responsible for all decisions regarding injuries. A coach or a player shall never make decisions about whether a player can participate in practices or games. The NT physioherapists need to stay in touch with the players during the Club Seasons and work together with the Clubs as regards to advising the players regarding injury treatment. Currently we are working on a NT Concept regarding both fitness training and injury prevention and treatment. We hope that the first version will be ready in 2014.



IX. ADVISING TALENTS

One of the most important areas of the NT Program is the advice that we can give to talented players. We need to stay focused on the development of the players, and we need to be committed to helping them find the best possible places to practice and play, where they will have the best chances of reaching their potential as players. We need to understand that there are many possibilities and there may very well be different solutions for different players, depending, amongst other things, on age, height, quality, potential and gender.

One 18 year old player could be best served by attending a US college where the coach is committed to developing him/her; another player should rather find a professional environment in Europe, where he/she can practice more and where he/she will be built up, step by step; a third player could develop best by staying in Denmark if what he/she needs is playing time on a specific position, guided by a coach that knows his/her needs.

The main focus is that we need to assist the players early to start preparing for the future. We need to start early explaining the different options to the talented players. Some of the things we need to emphasize are the following:

- Assess the best option for a Player in relation to his/her age and the stage of development
- The player always needs to be on a program with a good head coach and qualified coaching staff.
- They player needs to enter into a good program, where there is tradition for player development. The program needs to provide the player with both quality and quantity of practice (2 x pr. day, 20 hours pr. week). Further, there needs to be solid support regarding the physical aspect of training, i.e. physical therapist, strength trainer, medical advice.
- The player needs to be sure that he/she will be coached in order to excel in his/her future position.
- The player needs to be on a program with high quality of practice, which means that he/she will be competing against and practicing with quality players.
- The player needs to be on a team where he/she will get enough minutes and more importantly, will participate in games on a high level.

X. CONDUCT

Players, coaches and others within the NT Program are representing both Denmark and Danish Basketball whenever they are practicing, traveling, playing or otherwise participating in the NT program. They need to conduct themselves with regards to that. Following are a few examples of things to be aware of:

- Dress code. The dress code applies to all participants of the NT program and it requires a certain way of dressing when traveling, arriving to games, practicing, playing and when dining or socializing together. Dress code rules shall be explained to all involved and should be taken seriously. In the beginning of each season the Sports Director and Talent Director will explain the rules for the current year, as they are partly dependent on the agreement that DBBF has with its suppliers.
- Public Statements and Criticism. Participants within the NT Program do not express negativity to the public, to the media, in the social media or otherwise, during their involvement in the NT program. All criticism towards the program (could be coaching, planning, organisation, anything) shall be brought to the attention of the right parties and treated internally.



- On the floor. Coaches and players shall not comment on calls from referees. They shall show respect to opponents and everyone else. As a general rule, players should be taken out of the game for protesting to referees.
- It is forbidden for players to use alcohol, drugs and tobacco during the NT Program (practices, camps, games, traveling). Further, it is forbidden to use drugs at any time.
- All members of the NT delegation shall show respect the Danish National Anthem and all other National Anthems
- Social media. The use of Internet, facebook, twitter, snapchat and other social media, coupled with picture taking on mobile phones poses a potential problem for the NT Program, if used inappropriately. On the other hand, social media is reality and can also be used to our advantage. Currently we do not have strict rules about the use of social media, but we encourage the NT Coaches to talk to players (of all ages) about the positive and negative aspects of using social media during the NT Program. NT coaches are expected to set rules regarding social media during travels and tournaments.

XI. PROGRAM EVALUATION

- The NT Program will be constantly evaluated.
- The Head Coaches shall deliver evaluation after the NT season in August / September each year. That evaluation shall be four pages, as follows:
 1. Short overview over activities (practices, games etc.)
 2. Overview over players, with short comments to each of the last 12-14 players
 3. Talent Review: recommendation as regards to the biggest talents on the team
 4. Evaluation about how things went, i.e. what went well and would could be done better next time, both regarding the organisation and the coaching
- Following the written evaluation there will be a session with the Sports Director and the Talent Director in order to use experience to continually improve the NT Program.
- The NT coaches and the Coaching Staff will be given feedback by the Talent Director and the Sports Director regarding various aspects of the NT Concept. Further, the Youth NT coaches will receive game feedback from the Senior NT coaches during the Nordic Championships.