



Talent Identification Program (2009-2012)



TALENT IDENTIFICATION PROGRAM

Contents



1 Introduction

Most training systems, particularly those that are in the early stages of development, do not include complex talent identification systems because:

- there is a desire to train all those who show an interest and commitment, whether talented or not
- there are other more important priorities, including providing adequate facilities and equipment, proper coaching, adequate financing for programs and adequate competitions

However, there are reasons why initiating some form of talent identification makes sense:

- if the goal is to develop top class athletes, it is efficient to concentrate development on those athletes who possess qualities that are necessary for success
- it increases athletes' confidence if they have been identified as possessing superior capabilities
- it helps create a larger group of talented athletes and increases the competitiveness amongst them in training
- it increases the opportunity for a developing liaison with sport scientists who could also help with the training and regular evaluation of athletes
- many youngsters miss opportunities to excel or develop into good athletes because they don't know what special attributes they possess, and are not directed towards sports in which they can excel

There are some specific principles to consider when looking for groups of children with talent:

- physical activity stimulates growth; children need a variety of general movement experiences
- children with a wide variety of movement patterns in early life will most likely be able to efficiently master complex movement patterns in sport in their later years
- structural and functional growth are factors which affect athletic performance
- the intensity, length and frequency of exposure to an activity are essential components of growth in that activity



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Considering the above principles, often the best sources of potential athletic talent are:

- public and private schools with active recreation/sport programs
- community recreation programs
- existing sport clubs for children
- areas within society where the population is very active
- areas within communities where there is an existing keen interest in sports competition and activity

Usually, experienced coaches have developed their own subjective criteria to "eyeball" talent or potential skills, i.e. one athlete seems more coordinated than others, appears faster or stronger than others, seems to have the "right" attitude. Performance in competition usually provides this opportunity to evaluate talent.

A coach may even have developed a set of basic tests to help quantify the skills or attributes that are important: eg the athlete can run a test distance faster than a standard, or the athlete has body measurements that suit basketball, or the athlete has certain physiological attributes such as a high maximal oxygen consumption, that distinguish him/her from others.

Although a coach's intuition is an important and often crucial element in assessing talent, the above-mentioned methods may be too crude and not as accurate or discriminating as they could be in helping the coach confirm his initial impression. There is a need to have performance criteria required for the level of basketball and all necessary attributes by each player should be examined.

- body measurements i.e. lengths of limbs, trunk, widths, girths, % fat, somatotype
- physiological measures i.e. maximal aerobic capacity, maximal anaerobic capacity, muscle fiber typing, strength, power, speed, flexibility
- psychological measures i.e. an ability to handle stress, courage, commitment, goal orientation, willingness to work
- motor learning/perceptual measures i.e. coordination, balance, kinesthetic sense, visual acuity



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In line with examinations the National Federation should establish the following criteria:

- What accurate, objective tests measure these attributes? For example, strength can be measured objectively via various systems; body measurements can be easily obtained.
- What are the scores of these tests, at a particular age, that discriminate between those with potential and those without?
- Of the determined attributes, which are the best predictors of future performance?
- How do you implement a system of tests on a population?
- How do you evaluate the success of the predictive system you have established?

Two words of caution. Before one plans a complex system of talent identification, there must be a training system in place that will nurture those individuals who are selected as the best prospects. There is no sense in identifying talented youngsters, only to find there are inadequate facilities, equipment, coaching, financial support, and so on, to develop and support that talent.

There is also little value in thinking about a sophisticated talent identification system unless there are adequate trained personnel, equipment and knowledge for athlete assessment. There must be a commitment to a systematic and long term approach.

2 National Federation's Selection Camps

In order to have systematic, gradual and scientific development of players and talents each National Federation must have constant overview of all its players and their follow up. The most practical way of doing it is to start collecting players at early age and then follow them through their teams (clubs) and through gathering them from time to time at common preparation. Those common preparation periods should be done via basketball camps in duration of 3 to 5 days, where National Federation could examine all its talents, improve their technical and tactical level and advice them for their future work.

Before organizing basketball camp the National Federation first has to establish all organizational criteria and know what would be the purpose of the camp. Definitely camp has to be high level, quality camp for the best prospects from the country. Before choosing location for the camp, the National Federation has to see the accommodation prices, capacities, equipment of the rooms (TV, number of beds, toilet), courts (outdoor, indoor), locker rooms, restaurant (diversity and quality of food), swimming pool, fitness centre, internet access, playground, other sports courts, meeting rooms, video equipment etc.



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The choice must go in several direction and place has to be close to everybody in a way of transportation. The courts or gym must be multiple with at least two courts, close to each other or under same roof. Each court must have at least four baskets. Bear in mind that camp will have a lunch break and the distance from courts to hotel or restaurant has to be short. The best option is if the bedrooms for the campers are with two to maximum three beds and that same age groups located at one floor (at the same floor should be one or two coaches who can control the players).

The National Federation must have sponsors and supporters for the camp and there is a need to have *General (Main) sponsor*, *Media sponsors*, *sponsor for equipment*, *apparel sponsor*, and *sponsors for drinks, food, prizes, and entertainment*. Beside this camp must be marketed and have its own program, poster, CD or promo video, key chains, hats, tee-shirts, stickers and other promotional material. The National federation should use all effort to promote camp on TV, radio and newspapers. Beside promotional material there is a need for "Working Program", "Camp Guidelines" and "Plan of the Work".

The National Federation should choose coaches for the camp (head coach, assistant coaches, coaches observers and specialized coaches), coordinators, demonstrators (the best is to have senior national team players), guest speakers, doctors and physiotherapist, referees, and staff which is going to work for the camp (camp director, marketing director, and persons responsible for transport, hotel, equipment, courts, and administration). The main rule is that the camp must be made from players of same age or it can be a year difference between the players (in one training group). In each basket it could not be more than eight players which is optimum number per one basket. The maximum number of players in one age group should be 20.

3 The daily schedule of the camps

The daily schedule (working part) should be divided into three parts: morning, afternoon and evening.

Morning schedule starts with wake up call which must be 90 minutes before the beginning of the practice. After roll calls and warm ups and stretching (30 minutes on total), program go with one or two hours in which skill stations are the main priority. According to the number of baskets players will be divided in groups and each station will go for 15 to 20 minutes. The rotation will go clock wise. After skills station morning program could go in two different directions (depending on the length of the camp). If the camp is in duration of 3 days players will be split in teams of five and have team practice. If the camp is in duration of 5 days and more, players will be split in teams of three and play games (round robin, 12 minutes games each day).



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In the afternoon, after stretching, players (in three days camp) will play games (20 minutes half with running clock and five minutes half time). In the five days camp and more, players will have (after stretching) team practice and then they will play games.

In the evening, during three days camps players will have some basketball classes with video presentation and guests. In five days camp and more, players, after dined will have some skills competitions and five on five games.

4 Working schedule of the camp

The main tasks and focus on the camp should be the following:

BASKETBALL TECHNICS

1. Basketball stance

- Defensive stance
- Offensive stance
- Ball handling
- Holding the ball
- Catching the ball
- Ball protection
- Stance motion

2. Passing

- Passing while standing
- Passing while running
- Pass after pivoting
- Off the dribble pass
- Two-handed pass
- One-hand pass
- Hand off pass: direct, bounce
- Shot pass, long range passes
- Receiving the pass: standing in place, while running, in jump
- Stopping while receiving the ball
- Other passes



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3. Dribbling

- Change the rhythm of the dribble
- Change the height of the dribble
- Start the dribble: hesitation step, cross step, behind the back
- Stopping after dribbling: jump stop (two-footed stop), two-step stop
- Change the direction of the dribble

4. Shooting

- Techniques of shooting
- Shoot after dribble, lay-up shot
- Shoot after receiving the ball
- Break away shoot
- Jump shoot: set shoot, off the dribble shoot, shot on the run
- Special shoots: turnaround jump shoot, draw back shoot, hook shoot,
- Faking the shoot: by looking, body fake, fake in dribbling, pass fake, step-in move, fake of throwing

BASKETBALL TACTICS

1. Defense

- Individual and group tactics
- Against fast-break: primary and secondary
- Position defense
- Handicap situations
- Setting the screen, pick: double screen (pick), alternating screen and continuation screen
- Pick and roll
- Channeling

2. Offense

- Individual and group offense
- Fast-break; primary and secondary
- Position offense
- Handicap situations
- Fight through the screen
- Avoid traps
- 1:1, 2:2, 3:3



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BUILDING OF A TEAM PLAY

1. Defense

- Importance of the defensive play
- Slide, defensive shuffle
- Combination of movements
- Approaching to the player when he catch the ball
- Foot work
- Aggressiveness
- Guarding the dribbler
- Activity of the arms
- Guarding the player who cuts to the basket
- Guarding the player who cuts to the ball
- Getting to rule: defender must see the ball and the player he guards
- Guarding the players on different positions
- Defending against screen or pick
- Channeling
- Rebound
- Blocking out

2. Offense

- Importance of the offensive play
- Basic rules of movements
- Man to man play
- 1:1, 2:2, 3:3
- Handicap situations
- Importance of empty side
- Getting the ball fastest on the place of starting the action
- Rebounding

COMPETITIONS

- Individual and group competitions in basketball elements
- 1:1, 2:2, 3:3
- Matches five on five
- Shooting: free throws, three points shoot



5 Working Program for 9 and 10 year old campers

Basic principles and working tasks: Dribbling, passing, shooting, defending, ruder coordination, development of motor ability (walking, running, jumping, throwing and catching the ball)

Working notes: Do not request perfect execution, use your voice properly, do not neglect anybody, groups may be consisted of boys and girls - max 20 campers - teaching basic basketball principals - duration of the practice is 75 min.

Stretching: Plays and drills for a space, time, perception and rhythm;

Jumping the rope: Development of motor skills: condition, coordination, mobility;

Catching and holding the ball: Balance of body according to the space, time and ball;

Stepping: Left and right lay-up, started from the stance and from running;

Passing the ball: Passing while standing in place and from the moving with two hands, one handed pass (left, right), over the head pass-taking care about the stance, arms and foot work while passing and catching the ball, a body position and head especially;

Dribbling: Dribble at the place and moving with both hands, then free dribble. Pay attention on the start of the dribble and end of the dribble, protection of the ball while dribble, height of the ball, especially pay attention on the stance, the body position, legs and head that provides maximum field of vision;

Pivoting: Basic pivoting for protection of the ball from defensive player, work on a forward pivot around left and right leg. Pay attention on the body position and the arms which are protecting the ball.

Stopping: After the dribble or receiving the ball one count stop; the body position always active towards the basket and next action;

Shooting: Learning the shooting with left and right hand while standing and moving, a body position, the arms and always aim at only one point.

Defense: Basic stance in defense, a body position, arms, legs, a head. Face to face defense in a slow motion. Practice a defense in the diagonal stance with and without the ball.

Offense: Teach your players to attack towards the target, the basket (1:0, 1:1) with the pivoting and correctly starting the dribble



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Playing: Insist to follow the basic principles to run in front of the ball, to pass to the player which is near them, based on the level of knowledge, mainly the free play with less complicated tasks.

Duration: With regard of two times a day practices, practice duration is 75 minutes:

Preface	15 min.
Stretching	5 min.
ball handling	5 min.
skip rope	5 min.
Working on the technique	25 min.
Playing	20 min.

6 Working Program for 11 and 12 year old campers

Basic principles and working tasks: Continuing with work to improve a motor ability, especially when campers work with the ball; learning of four basic principals of basketball and their combinations; insist on them more to play 3:3 and 5:5;

Working notes: Demand for properly executing of everything; use your voice on a proper way; pay attention on each player; working group max.18 players; max. duration of practice is 90 min.; improving of all elements of basketball;

Stretching: Develop stretching abilities

Jumping the rope: Progressive getting into a basketball skill;

Catching and holding the ball: Controlling of arms movements, a body and ball;

Stepping: Left and right drive step, starting from standing position and from running (improving) and also performing in complicated conditions;

Passing: Basic technique (improving), "baseball" pass, ("push" pass) passing with right and left hand "from shoulder"

Dribbling: Dribble with both arms at a spot and while moving; dribble with change of arm and dribble height; dribble while moving with defender (protection of the ball, change of dribble height, change of the direction and the pace);

Pivoting: Improving of a forward pivot, learning of the half-pivot, "side-way" pivot. Pay attention on a position of entire body and a protection of the ball;



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Stopping: A two step stop improving of everything that they learn in this segment, pay attention on a stopping and a next action (to have always active position of a body);

Shooting: Improving (correct executing of a shot) from the spot and left and right arm movements. Pay attention on a body position and the ball throwing, also on arms position. Start to learn other kind of shots from the spot and from moving;

Defense: Improving of the basic parallel and diagonal stance in defense with proper body position, arms, legs and head position ; pay attention on a proper arms and legs work when players "slide" in all directions;

Offense: Improving of individual ability in the offense; practice 1:0, 1:1, 2:1 offense, with various aspects of moving, dribble and passing; insist on timing of action towards the basket

Play: Insist on a basic principles of the game(running, passing, timing, shot, etc.) ; Demand for aggressive playing in "man to man" defense, learning of the fast break and a penetration to the basket

Duration: Practice duration is 90 min.

Preface	20 min.
Working on a technique	35 min.
Play	35 min.

7 Working Program for 13 and 14 year old campers

Basic principles and working tasks: Proceed to improve adopted technique; improve motor functions with and without the ball, learn time and space drills; insist on good solutions when playing and stress to new ideas in playing;

Working note: Insist on most regular performance of all technical elements; Give the opportunity to every player to improve himself; warning at right time, work with 16-18 players in one group, practice duration is 105 minutes; proceed on to improve technique;

Stretching: Development of suppleness and preparing for efforts;

Jumping the rope: Keep on improving physical condition, coordination, balance, mobility, work individual and in pairs;



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Catching and holding the ball: Try to improve control over the ball, increase performance speed of specific basketball moves;

Stepping: Work on improving by previous program and learning to work under hard conditions; drive step after a bad pass with and without dribble; zigzag drive step; drive in - drop step;

Passing: Improving of all elements that you learn from a previous program. Receiving the ball, ball protection, catching the ball. Passing in move for: three, four and five players; learn specific passes (by rolling the ball, "discus" pass, "baseball" pass, behind the back pass, through legs, over head, two hand pass);

Dribbling: Improving of all elements that you learn from a previous program. Pay attention on a ball control while they dribble with max. effort of the dribbler to stop the dribble at right time; practice a different kinds of a dribble with crossover change, direct step start; practice a wideness on a change of hand; rational usage of a dribble behind the back, thru legs, rolling...; with using of a stand combine the dribble with other elements of basketball; practice the dribble with the defense changing hands, dribble height has to be useful in a matter of winning a space;

Pivoting: Improve everything that you have learn until now; learn another turns around left and right leg; pivoting " full pivot "; pivot with step out, combination of forward and reverse pivot;

Stopping: Repeat all of drills that we are adopted until now and make practice rich with new drills, because of more accurate stopping, especial after a rebound and catching the ball, insist and practice all of stopping aspects;

Shooting: Practice the drills of shooting from previous program to improve a shot; learning of jump shot and correction of jump shot, if some of players already use jump shot; "hook shot" and "short hook shot"; lay-up shot; jump shot after a pivot; jump shot after rotation;

Defense: It is required to improve acquired knowledge from a previous program; an aggressive defense with and without the ball in situations (1:1,2:2,3:3); learn your players to do help-and-recover, start with directing offensive player to use wick hand and into a narrower space; using of an opened and closed stance on player without the ball;

Offense: Fast break for two, three and four players; moving and setting of a player for a fast break with realization; offense when numerical superiority is on court - 2:1,3:2,4:3; Improve everything that we learn until this moment;



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Play: Improve the features that we learn until this moment and deepen of a new ideas in playing basketball; seek for best solutions when numerical superiority is on court; fast break; getting opened, setting the screen; using of free space to run in and score; under pressure play on a defensive half of the court; help side; actions in a offense position; bring the ball into the play from side and front line

Duration: Practice duration is 105 minutes

Introduction part	20 min.
Working on technique	30 min.
Tactics	20 min.
Play	35 min.

8 Working Program for 15 and 16 year old campers

Basic principles and working tasks: Biggest attention must be pay on an improving of all knowledge learned until this moment and also on adopting a new knowledge, with work on motor functions with and without the ball, insist on a good solutions in the game; technical performing of a practice at time and space conditions;

Working notes: Full intensity has to be reached on practice, with accent on a situation practice; performing of all drills has to be closer to modern performing; pay max attention to each player while they practicing; make suggestions at right time; working groups with max.16 players; practice duration 120 minutes;

Stretching: Static and dynamic development of flexibility;

Jumping the rope: Development of motor features of a young basketball players;

Catching and holding the ball: Workout with max. speed, by controlling the ball; make a sign for receiving the ball;

Stepping: Max. working on improving from previous program; element of drills from previous program, especially at hard conditions with and without dribble; " zigzag " drive step, drive step-extended step, with step to a side, from penetration; half-step technique, jump in from a step to one contact, work with a defense;

Passing: Perfect performing of all kinds of passes. Especially pay attention on passing while moving, to be at right time, effectively and fast; constrain on specific passes; work passing drills which improve a coordination, speed, flexibility; special attention must to be pay to passes with 2, 3, 4, 5 and 6 players in different drills while moving with one or more balls;



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Dribbling: Especially work on a dribbles worked previous, make a individual corrections and within group; pay attention on a ball control while they dribble with max. effort of the dribbler to stop the dribble at right time; practice a different kinds of a dribble with crossover change, direct step start; practice a wideness on a change of hand; rational usage of a dribble behind the back, thru legs, rolling...; with using of a stand combine the dribble with other elements of basketball; practice the dribble with the defense changing hands, dribble height has to be useful in a matter of winning a space;

Pivoting: Request for a perfect performing of a pivot of all kind, especially with a defense and combined with other segments of basketball;

Shooting: To campers in these age pay attention especially in this segment of basketball technique; practice a drills from a previous program in order to improve technique of performing and precision; adding of a new drills like : drive step shot for the left and the right hand from a distance; jump shot (deferent situations) 3 - 4 meters distance for throwing; tap in shot using both hands; fade away after a rebound, with deferent shots combined with other aspects of basketball technique (faking, pivot...); dribbling, getting free and shooting drills; pay attention on a body position even when the ball abandon finger tips; practice a shot without a dribble with max. jump; working with and without the ball;

Defense: Adopting of a previous knowledge, improving. Accent is on a play in defense with all demands of modern basketball; arise on a higher level of will for playing defense and stimulate it especially; convince your players that they can play the defense even if the shot and a breach are not going well; explain and show them a time deference in favor of a defense; doubling and setting a traps (defense against screening);urge an aggressive defense with drills 1:1, 2:2, 1:1+1, 2:2+1, 3:3, 3:3+1, 3:3+2; blocking out (of a shooter, on a ball side, on a help side, by positions); urge a helping and a channeling of defensive player, and also watching and observing, then a reaction of other defense players;

Offense and play: Longing for play in offense to had own sense with conducting of basic ideas filled with a player's own creations. Deepen and stimulate new ideas; " pick and roll ", " back door ", urge for a fast break with " joker " to realize moving with screens with a duty of a " joker " for a best solutions when ideas are missing for an offense; actions of offense - ending of attack going in opposite direction from the ball and towards the ball; setting of a basic attacks when defense is playing man-to-man and pressing; pass in from a sideline and a baseline in offense;

Duration: Time of practice is 120 min

Introduction part	5 min
Technique	30 min
Tactics	30 min
Play	35 min



9 Various competitions during the camp

1. Free throws

- player shoots till he/she misses two time in a row
- starts to count when he/she score a first one
- count a total number of scored shots

2 Three point shot

- from different positions, shoot five balls, each count 1 point
- bonus ball counts 2 points and it is shot from desired place
- special ball counts 4 points and it is shot from a center circle

3. Slalom dribbling

- 12 gates across the court, turn around each gate
- two races, better result counts

4. One on one

- starting from a three point line;
- limited number of dribble (2, 3, 4, 5);
- basket rules, score from play counts 2 or 3;
- basket 3 fouls;
- penalty is a free throw - 1 point;
- offensive player is keeping the ball if he scores from a free throw line
- winner with 7 points

5. Three on three

- basket rules, score from play counts 2 or 3 points;
- three passes are permitted (pass in does not counts);
- limited number of dribble (2, 3);
- bonus 5 fouls;
- penalty is a free throw - 1 point;
- foul on a shot - 1 point + one free throw;
- game duration 12 minutes;



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6. Five on five

- rotation of players is required, changes on 5 minutes;
- zone defense is forbidden, FIBA rules;
- 2 x 15 minutes, 5 minutes rest, 30 seconds time-out by a half time;
- clock stoppage last 2 minutes;
- technical foul - as personal foul + 5 minutes prohibited entrance

7. All star game

- 10 players per team
- 4 x 10 minutes with clock stoppage;
- 1 time-out by a quarter, duration 30 seconds;
- 5 minutes rest on a half time;
- first and third quarter are playing younger and second and fourth older layers;

8. Lay-up

- for time of 30 seconds lay-up, alternate with left and right, score as much as you can;

9. Shooting

- all team is standing in line with more balls and shots from a same spot free);
- when you score, pass your ball to the first player in line without and go the end of line
- when you miss go for the ball and to score fastest then player behind you. If that happens you are out of the game;
- game is continuing till we got a winner;

10. Two balls

- players from pair are shooting alternate;
- it is required to score one shot from a drive step and from a free throw;
- duration 2 minutes

11. Fast shooting

- player is shooting 5 ball from each of 5 positions
- last ball on each position counts 2 points;
- duration 1 minute