



INTENSIVE COURSE FOR BASKETBALL COACHES: 5 & 14 DAYS DURATION



Darius Sirtautas



Rimantas Grigas



Prof. Rutenis Paulauskas



Dr. Nerijus Masiulis



Dr. Mindaugas Balciunas

Learn basketball culture from leading
Lithuanian basketball figures

Course starts: June 21, 2019

Place: Kaunas Lithuania



International Basketball University

Rotuses sq. 11. Kaunas. Lithuania



"Coaches are engine of the
basketball development"

Vladas Garastas

Legendary Lithuanian coach and Lithuania Basketball federation Honorary

More info:

www.ibuniversity.net

info@basketballstudies.com +370 612 31690

Course program

| Timing / Days | Monday / Day 1 | Tuesday / Day 2 | Wednesday / Day 3 | Thursday / Day 4 | Friday / Day 5 | Saturday / Day 6 | Sunday / Day 7 |
|--|---|--|---|---|--|---|--------------------------------|
| 9.00 - 10.30 Lecture (class) | Lithuanian basketball system | Lithuanian basketball leagues system | Youth basketball club management | Professional basketball club organisation | Multi-year basketball training | Youth Basketball game analysis Mens basketball game analysis | Youth Basketball game analysis |
| 11.00 - 12.30 Lecture (class) | Planning basketball pre-competition period | Management of competition period in basketball | Planning basketball off-competition period | Micro, meso and macro cycles of basketball training process | Basics of youth players preparation | | |
| 14.00 - 15.30 Practice (gym) | Basics of basketball tactic | Individual tactical actions in basketball game | Group tactical actions in basketball game | Team tactic actions in basketball game | Skills of basketball players technique | | |
| 16.00 - 17.30 Practice (gym) | Offensive tactic: playing pick and roll | Shooting technique development | Setting screens in the game | Players actions in defence | Individual defence 1x1 | | |
| 18.00 - 21.00 Visits to schools/ clubs/ games | Tornado BC visit | Sabonis BC visit | Kaunas BC visit | Euroleague/Eurocup/ LBL game | Jonava BC visit | | |
| Timing / Days | Monday / Day 8 | Tuesday / Day 9 | Wednesday / Day 10 | Thursday / Day 11 | Friday / Day 12 | Saturday / Day 13 | Sunday / Day 14 |
| 9.00 - 10.30 Lecture (class) | Basics of basketball fitness training | Basics of players technical preparation | Basics of players psychological preparation | Basics of basketball scouting | Injuries prevention for basketball players | Youth Basketball game analysis Women's basketball game analysis | Certificate award ceremony |
| 11.00 - 12.30 Lecture (class) | Sensitive periods for physical abilities development | Studies on players fitness level | Studies on players technical preparation | Studies on players shooting performance | Recovery application after physical loads | | |
| 14.00 - 15.30 Practice (gym) | Teaching ball dribbling technique | Teaching ball passing technique | Ball shooting technique drills | Ball rebounding drills | Free throws shooting improvement drills | | |
| 16.00 - 17.30 Practice (gym) | Meeting with VL Garastas, Legendary coach of LTU basketball | Testing players physical preparation | Practice with former NBA player V. Praskevicius | Testing players technical preparation | Practice with one of LTU national team coach | | |



Prof. Rutenis Paulauskas. Professor at LSU University.
Experience: Head coach of LTU Youth and Womens Basketball National teams.

Rimantas Grigas. Head Coach of Sintek-Jonava basketball team.
Experience: Head coach Zalgiris Kaunas, Euroleague, Head Coach of LTU National Youth Teams.

Kazys Maskvytis. Head coach of Neptunas Klaipeda.
Experience: Head coach Neptunas Klaipeda, Eurocup & Euroleague, Head Coach of LTU National Youth Teams.

Darius Sirtautas. Coach of Zalgiris Kaunas Youth Team.
Experience: Head Coach of LTU National Youth Teams, LTU National team player.

Dr. Nerijus Masiulis. Assoc. Professor of sports physiology. Secretary general at Lithuanian Basketball coaches association.

Dr. Mindaugas Balciunas. Basketball scientist, Eurobasket 2011 organizer.
Former Secretary General of LTU Basketball federation.

Martynas Rackauskas. Head of Zalgiris Kaunas youth basketball school.
Course duration – 180 hours. Every participant will be awarded the course certificate, which recognized by Lithuania Science, Education & Sport Ministry.

5 days course price – 250 EUR

14 days course price – 390 EUR