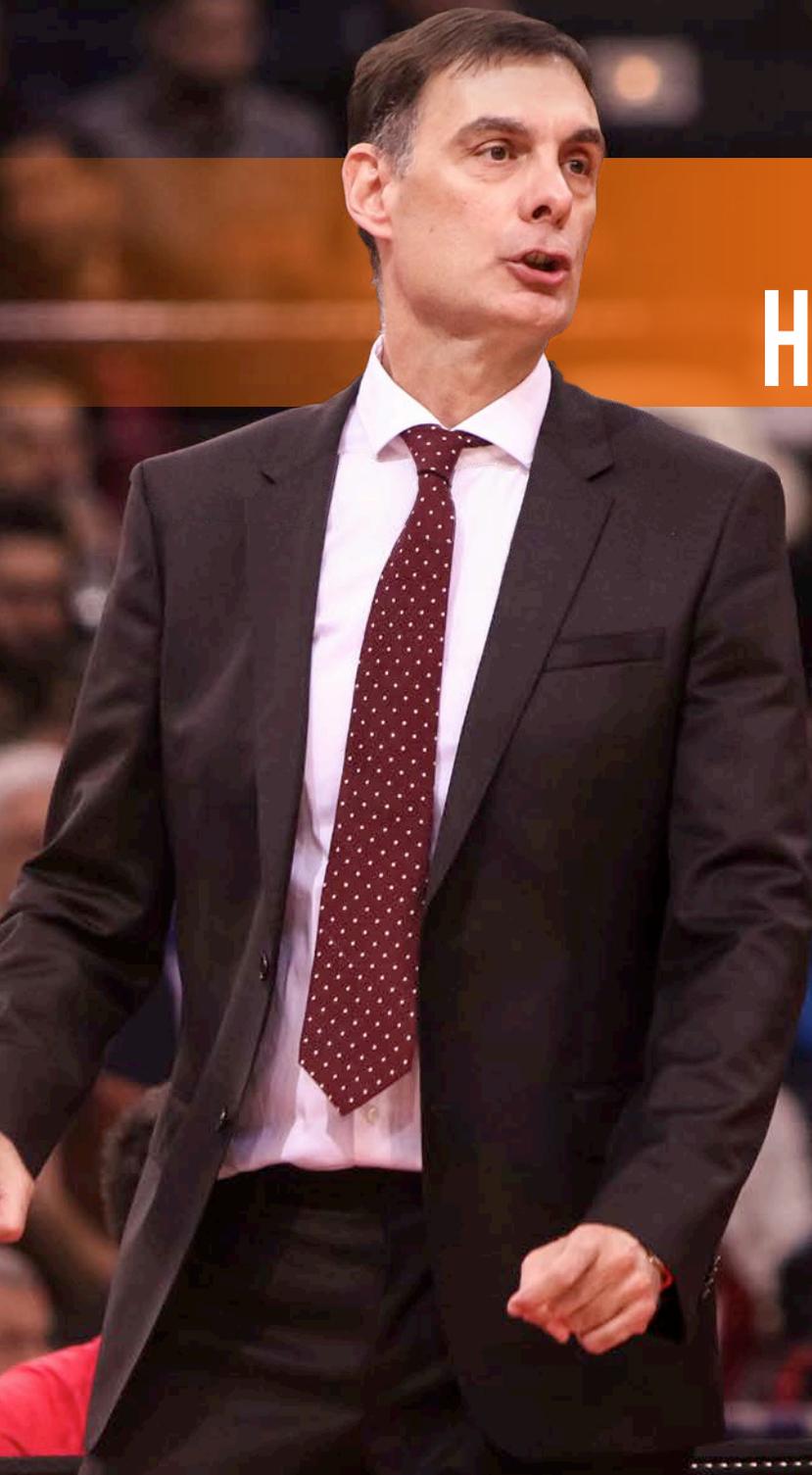




# AdBhoops

N.5  
OFFICIAL DIGITAL MAGAZINE

MAY  
JUNE 2020



**GEORGIOS BARTZOKAS**

## PLAYING AGAINST HEDGE-OUT DEFENSE

**PICK AND ROLL: IT'S BASIC  
IN BASKETBALL TODAY**



**WALTER DE RAFFAELE**  
MY 3-2 ZONE DEFENSE



**IGNACIO COQUE**  
THE GLUTEUS  
AND BASKETBALL



**DAN MIGALA**  
THE POST-COVID-19:  
"RETURN  
OF INSPIRATION"



# Pinturas a L'altura dels MÉS GRANS

"Paints at the tallest ones' level."

*Pinturas Isaval*  
co-patrocinador  
oficial del **Valencia**  
**Basket Club**



valencia  
basket  
club  
des de 1986



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# TABLE OF CONTENTS

## EDITORIAL

**THE LIGHT AT THE END OF THE TUNNEL** 5  
**GIORGIO GANDOLFI**

## COACHES

**PLAYING AGAINST HEDGE-OUT DEFENSE** 6  
**GEORGIOS BARTZOKAS**

**MY 3-2 ZONE DEFENSE** 14  
**WALTER DE RAFFAELE**

## VARIOUS TOPICS

**FINISHING AT THE RIM** 22  
**PASCAL MEURS**

## VIDEO LIBRARY

**THUMB SET (THIRD PART)** 28  
**ECOACH - NBA COACHES ASSOCIATION**

**FIBA WORLD CUP: SPAIN'S DEFENSIVE PLAN VS ITALY** 29  
**CLAUDIO PRIETO**

**THE HARD TRUTH ABOUT THE LAY-UP** 30  
**PASCAL MEURS**

## MINI BASKETBALL

**FROM COACHES TO CULTURE** 32  
**TIM BRENTJES**

## STRENGTH & CONDITIONING COACHES

**THE GLUTEUS AND BASKETBALL** 38  
**IGNACIO COQUE**

## REFEREES

**OSCAR FOR SUPPORTING CAST: THE REFEREE(S)** 42  
**TERRY MOORE**

**RULES QUIZ** 46  
**ROBERTO CHIARI**

**MARKETING, MANAGEMENT & DIGITAL** 48  
**THE POST-COVID-19: "RETURN OF INSPIRATION"**  
**DAN MIGALA**

## ALQUERIA NEWS

**A UNIQUE FACILITY THAT ALLOWS A SAFER RETURN TO WORK** 52

**ALQUERIA EVENTS** 54

**ALQUERIA SERVICES** 56

## HOOPS FOR ALL

**THE BASKIN REFEREE** 58  
**ANTONIO CIGOLI**

**WHEELCHAIR BASKETBALL** 60  
**PREPARING TO CHANGE**  
**HAI BHANIA**

## AROUND THE COURT

**THE "SLUMS DUNK" PROJECT** 64  
**BRUNO CERELLA**



VARIOUS TOPICS  
FINISHING AT THE RIM  
PASCAL MEURS



REFEREES  
OSCAR FOR SUPPORTING CAST:  
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AROUND THE COURT  
THE "SLUMS DUNK" PROJECT  
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# THE LIGHT AT THE END OF THE TUNNEL

**T**wo months ago we were in the midst of one of the worst pandemics in our lifetime, COVID-19, and now, slowly, we are struggling to get back to a “reasonably” normal life. Sport, and in this case basketball, is a very important aspect of that life, but we now need to approach it in a different way, from players, to coaches, physical trainers and strength & conditioning coaches, to the executives, and, above all, to the fans. We do not know when we will actually be back to normal, or what normal will look like, so we must adapt to this new scenario. I think that the article by Dan Migala, CEO of the 4Front agency, gives us some excellent suggestions and examples of how sports clubs, their fans and partner companies will deal with the future of sport in the post Coronavirus era.

This season Georgios Bartzokas is back on the bench at Olympiacos Piraeus, the team with which he won a EuroLeague and the FIBA Intercontinental Cup; he is one of the most highly respected among the top-coaching ranks. He shows us how to beat the hedge-out defense on the pick and roll with several examples, and how to teach these basic offensive moves correctly in today's basketball.

We also have in this issue, Walter De Raffaele, who has been the winningest coach in Italy for the last four seasons. He talks about his 3-2 zone defense, his trademark, which helped him to win two Italian titles and one Cup, as well as a FIBA Europe Cup.

Basketball in Germany is improving at every level, year after year, as well as in international competitions. A simple proof of its growing



**WE NEED  
A NEW APPROACH  
TO THE FANS AND  
THE PARTNERS**

popularity is the increasing number of mini basketball players and the German Basketball Federation's commitment to spreading knowledge of the game within this age group (children under 12) for current and future mini basketball instructors. Tim Bren-tjes, head of mini basketball and the school of the Federation, talks on this subject with the aim of reaching the European elite to share the latest news and burgeoning interest in mini basketball.

In the eyes of most people, the common perception of many professional athletes is that they live in “ivory towers” and that they have no feel for the real life going on at the foot of the “tower.” But, in the case of Bruno Cerella, the Italian-Argentine player, who has won championships in Milan and Venezia and is also known outside of the basketball world, there is no doubt that he is very familiar with the “real world”. With his “Slums Dunk” project, he and his basketball associates involved in this social program, have used basketball to help the life, education, and social improvement of more than 5,000 boys and girls in the slums of Kenya and Zambia, and most recently in Argentina.



# PLAYING AGAINST HEDGE-OUT DEFENSE

## PICK AND ROLL: IT'S BASIC IN BASKETBALL TODAY

**P**ick and roll is a big part of basketball today, but is still only a small part of the game. The same goes for hedge out defense, the topic of this piece. It represents only a small chunk of a coach's philosophy, so in my opinion it will be much more helpful to try to capture the big picture and not just ramble on about specific plays or drills. Coaching is not about "one", "two down" and "thumb" or designing drill after drill. It has more to do with creating a basketball program, indicating your way of thinking about the game and making everybody (staff, front office, sponsors, fans, and, most importantly the players) buy into it.

Before talking about what the ball handler and the big man have to do, it is crucial to note that European basketball has improved greatly over the past years and this is proven by the impact talented European players are having in the NBA, (Doncic, for example), the recognition European coaches are receiving, and the rising level of competition in EuroLeague.

The talent of EuroLeague players is very high. Each team has two, three or even more ball handlers who can score, pass and run the floor. Pull up shooting has also improved in the latest generation of players and will keep on improving as this is the tendency in the NBA with players like Curry and Harden serving as models of the game's evolution.

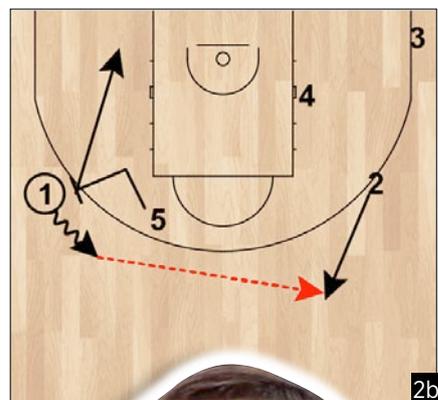
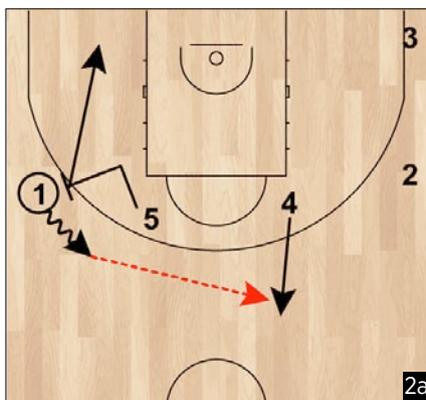
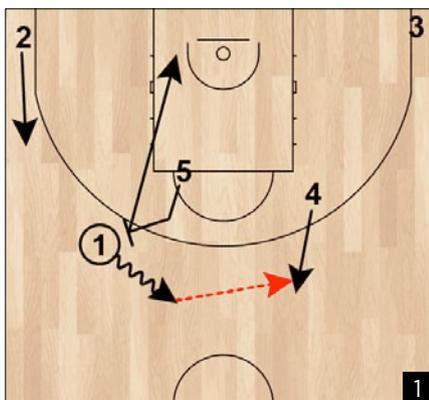
This type of off-the-dribble shooting, is considered a big blow for "flat defense" (others call it "2 on 2"). Ultimately, that is why many coaches are turning to a "hedge out defense" (others call it "show," "hard show," "bleach"), an aggressive strategy focused on the ball handler. It is often used by EuroLeague teams and certain coaches use it as a main or secondary pick and roll defensive strategy. This is a very common concept in the Spanish League. During my tenure in Khimki Moscow it was a defense we often faced, because we had Alexey Shved, a prolific scorer, running most of our pick and rolls.

In my first season there, when we reached the EuroLeague playoffs, Shved was the top scorer in the competition, and every team's game plan had stopping him as its primary goal. Therefore, my main focus was stressing the importance of spacing, timing and ball movement. And these below were the main points.

### A) DRIBBLE OUT

The ball handler's first objective after receiving the screen is to make a dribble out for two reasons. Firstly, he forces the defender (X4 or X5) to take one or two more steps away from the basket, making his recovery to the paint even harder. Secondly, he gets the separation needed to avoid deflections and **create better pas-**





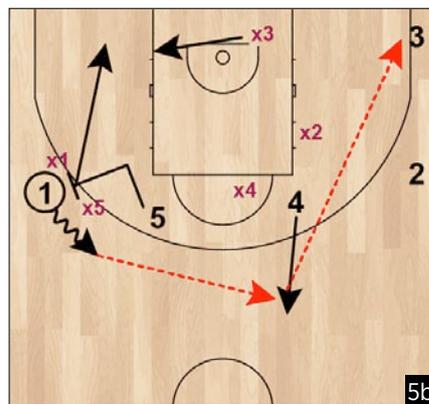
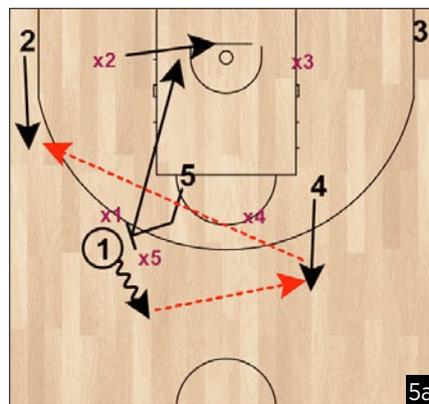
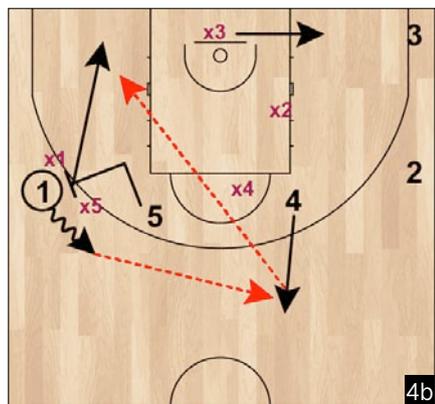
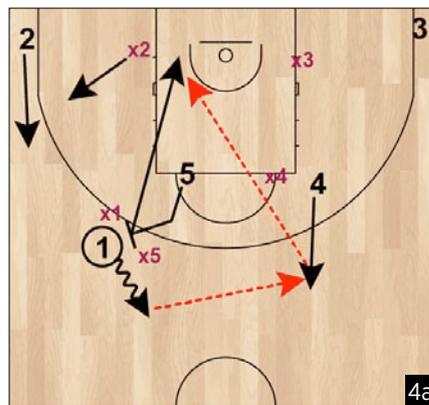
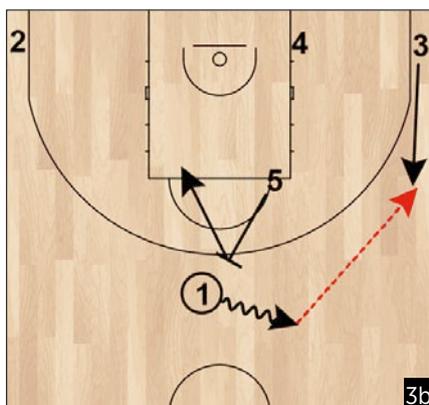
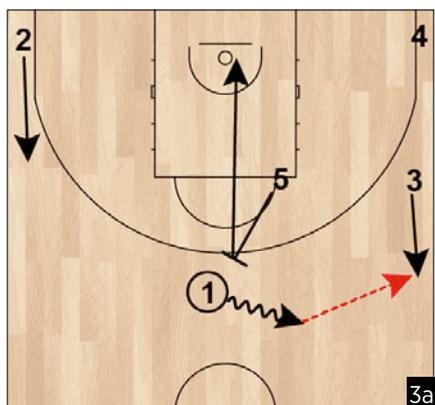
**sing angles** in every direction. We never push our players to split the screen. It is their choice to do it during a game, as it is our choice as coaches to bench them if they turn the ball over.

**Important note:** we want the screener to **set a good screen**. Other coaches prefer slipping against hedge out, but we insist on a very good screen for various reasons:

2013  
EUROLEAGUE  
CHAMPION  
AND COACH  
OF THE YEAR



## COACHES ▶ PLAYING AGAINST HEDGE-OUT DEFENSE



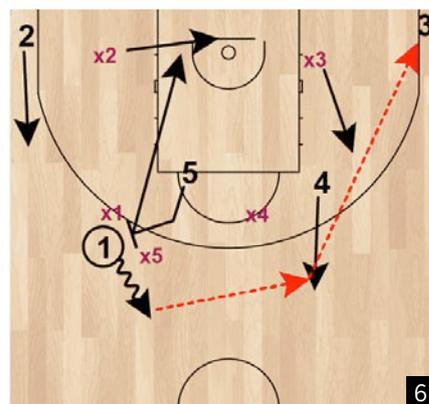
- 1) The on ball defender will crash and, therefore, not apply pressure to the ball handler.
- 2) We want to build positive habits in the players. We can't ask them one time not to screen (against hedge) and the other time to screen (against flat), firstly because habits make the difference, and, secondly, because the game is unfolding so rapidly that the big man cannot anticipate the pick and roll defense in each play.

### B) TWO PASSING OPTIONS

With today's athletic improvement, spacing is crucial. The players are bigger and faster and they can defend better. So, concepts such as spacing and shooting have become more and more important. Against hedge out situations, it is mandatory to create two passing options (at least) for the ball handler. These two can be out of the pass front (if the other team is not denying), the pass back, the skip pass or the pass to the screener (short roll). There can be different options depending on our team's personnel and the opponent's way to defend. For example, passing to the screener making a short roll, is maybe the best possible choice against a hedge out, but to do this you have to have a big man who can stop, handle the ball and, most

importantly, want and know how to pass the ball.

In top level basketball, where the game is played at a very high speed, it isn't possible to dictate where the ball handler can pass the ball. Your job as a coach is to create the proper situations and the right spacing to open up passing options.



The player has a tenth of a second to decide where to pass the ball and the teammates have to be ready to keep on playing throughout any game scenario. This is also the coach's task. On the other hand, when working with young players it is really important to stress the pass you want them to make and ask them in certain practice sessions or games to make



2010 GREEK  
LEAGUE BEST  
COACH AND  
2013 FIBA  
INTERCONTINENTAL  
CUP CHAMPION

only one kind of pass (pass front or pass back for example).

For the purpose of this topic, let's focus on two passes: the pass front (or pass forward) and the pass to the short roll.

### **B1) PASS FORWARD**

This is an efficient concept against teams that are not denying, but I prefer to zone up forming a triangle when the hedge out is taking place. This is something most of the EuroLeague teams do when they decide to play aggressively, because most of them prefer to put more bodies in the paint, rather than expanding their defenders far from the basket. The pass front is also very efficient when running half pick and roll sets (diag. 1), side pick and rolls (diag. 2a and 2b) or top pick and roll sets with one player at the pass back (diag. 3a and 3b).

In the previous part we talked about the importance of the ball handler making a dribble out. At the same time, we want the closest player to come up and **open the passing lane**. He has to relocate and make the passer's life easier. He will receive the ball far from the basket, so we want him to receive the ball and feed it to another teammate. They can look for the pass to the roller, for the skip pass (if the weak side defender is covering the roller), or for the extra pass to the corner.

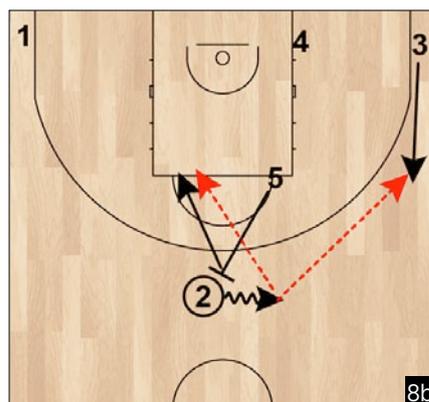
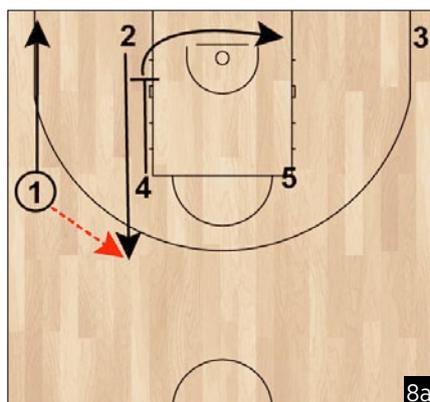
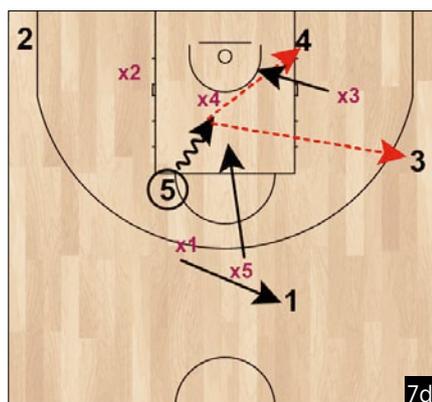
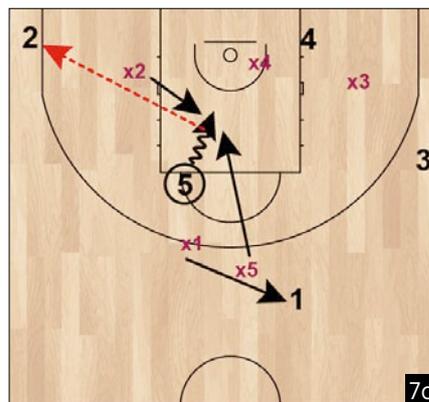
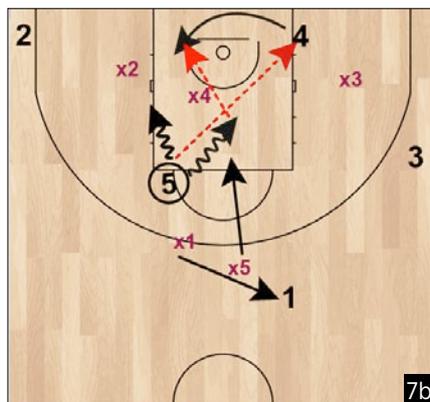
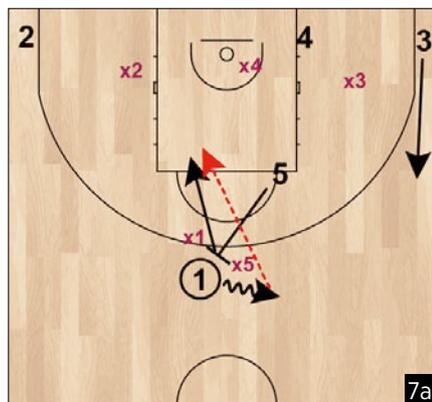
**Do not underestimate teaching/coaching passing techniques. Take my word for it: there is a lot of room for improvement even among the top level players. Every coach wants his team to share the ball, but not everybody is working on passing on a daily basis to achieve this goal.** Passing technique is important especially when we are talking about young players. We have to emphasize the type of passing we want. The ball handler ideally has to make a one handed push pass front, especially if he's running the pick and roll with his strong hand, while the receiver has to put the ball quickly over his head. Chest passes are forbidden.

## COACHES ▶ PLAYING AGAINST HEDGE-OUT DEFENSE

His choices are clear:

- 1) **Make a quick overhead or bounce hook pass to the roller (diag. 4a and 4b).**
- 2) **Make a fake** (this is really important so that he will put a recovering defense more out of balance), and then a skip pass, if the weak side defender is covering the roller (diag. 5a and 5b)
- 3) **Make an extra pass to the corner (diag. 6).** This pass has to be a bounce pass, because many times we find one defender covering two offensive players and this defender tends to get in the middle of the passing lane trying to get a piece of the ball with his hands or legs. The bounce pass will work really well.

In this way, the ball handler, instead of a high-risk pass back, is making the easiest pass. Additionally, the receiver, after the pass front, has an easy job recognizing the situation. He will be far from the basket, without any pressure (at the first moment) from a defender, facing the entire court and all of his teammates. It is a very effective tactic when the team has pass first guards who prefer to make the easy choice, rather than over dribbling or making a fancy pass. It is also very effective for teams that have good shooters





2016  
EUROLEAGUE  
FINAL FOUR  
WITH LOKOMOTIV  
KUBAN

and are able to spread the floor. It can also be applied against any kind of aggressive defense, even if the ball defender goes under the screen.

### **B2) PASS TO THE SHORT ROLL**

This is a very common concept in today's basketball, especially in Europe, where many teams are using mobile centers who can handle the ball. The pass to the short roll is the most difficult to cover, when the right spacing is applied. The truth is that most of the big men can create from that spot, but only a few of them can score by putting the ball on the floor and attacking the rim, taking a mid-range shot or floater. Most are able to make the open pass. That is why many coaches are trying to persuade their defenders not to collapse after the roller gets the ball away from the basket, but this is quite difficult. Most players' defensive instincts and habits are different and this creates another advantage for the offense.

What we want from the ball handler after the dribble out, is to connect with the big man using a bounce pass. Do not forget that he is facing an aggressive big man who is bigger and taller than he is. Making a pass over his head will not be easy. This is another situation

where faking a pass is important. If there is no option for a quick bounce pass, the handler has to fake an overhead pass and make a bounce pass to the roller.

As for the screener mentioned before, he has to set a good screen. If he forces the ball defender to crash, he will take him out of the picture. After that, it is better for him to make a back pivot and open up to the ball. Using a back pivot, he will limit his time with no eye contact with the ball and he will be ready to receive an immediate pass. It is very important for the screener to roll to the gap, in order to open up a clear passing lane (**diag. 7a**).

When the roller gets the ball he has to identify the situation and find the open man. If he is already covered by another defender, he has to make a direct pass. Otherwise, he has the option to shoot the ball or attack the rim. In the case of the short roll option we want to make the screener the "creator", so it is im-

## COACHES ▶ PLAYING AGAINST HEDGE-OUT DEFENSE



portant that he realizes that settling for a mid-range shot is not the best option, unless he is either a seven footer with limited ability to put the ball on the floor or an exceptional shooter.

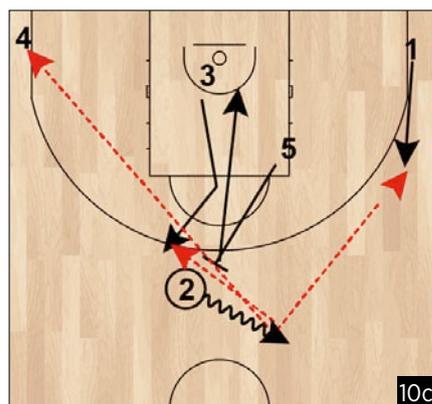
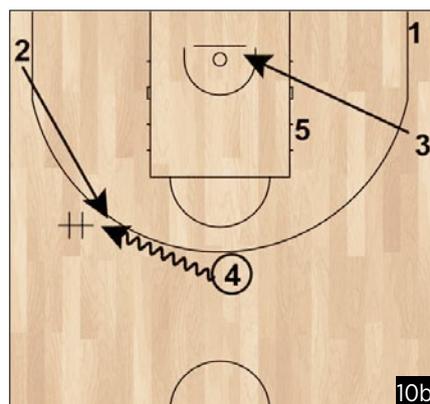
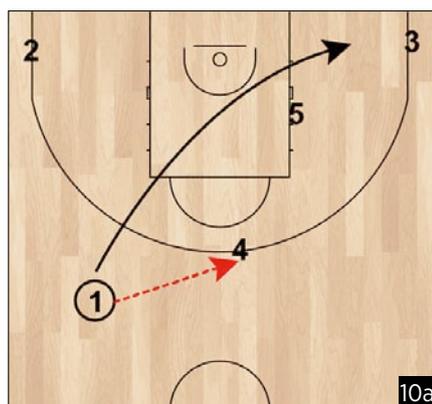
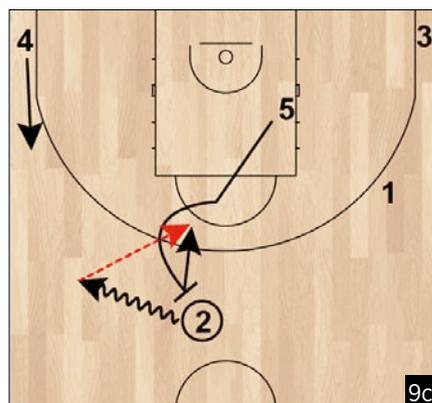
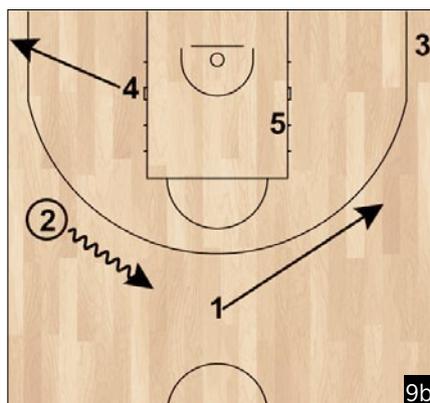
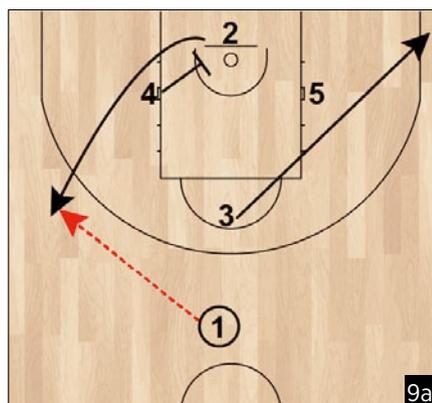
The best option, if the defense has not collapsed to cover him, is to attack the rim and either finish with two easy points or to make another defender cover him and then create for his teammates (**diag. 7b, 7c,**

and **7d**). In general, I prefer that players avoid cuts from the weak side. We often had our 4 man positioned at the baseline, but we did not want the corner players to cut. We preferred to spread the court for a spot up shot or a close out.

As you can imagine, these concepts need a lot of work on spacing, but also on the fundamentals, such as footwork and passing. Do not underestimate their importance for the sake of a "good" play. Having said that, I will share with you three of the pick and roll sets we used at Khimki and how we reacted against hedge out defense.

### ZIPPER

This was the most often used set we had in our playbook. It was a simple zipper set with a short roll that we used in a set offense and from out of bounds. We used to run it against "flat" or "hedge out" defense. The scenario against hedge out was that our 3 has to relocate and open up the passing lane for our 2. Our 2 had two passing options: pass to 3 or pass to our 5 on a short roll. Important note: The 1 has to drift to the corner, not allowing his defender to cover both him and the roller (**diag. 8 and 8a**).



## TIDBITS

He likes walking with his dog

Watching soccer is one of his favorite pastimes

Enjoys swimming whenever possible



## CAREER

2003 - 2006  
MAROUSSI - ASSISTANT

2006 - 2009  
LARISSA HEAD COACH

2009 - 2010  
MAROUSSI HEAD COACH

2010 - 2012  
PANIONOS HEAD COACH

2010 - 2014  
OLYMPIACOS HEAD COACH

2015 - 2016  
LOKOMOTIV KUBAN  
HEAD COACH

2016 - 2017  
BARCELONA - HEAD COACH

2017 - 2019  
Khimki - HEAD COACH

2020 - PRESENT  
OLYMPIACOS HEAD COACH

### DIAMOND SET

This set was only used against hedge out. From a diamond formation, 2 comes off of the screen from 4 and receives the ball. It is crucial that 2 dribbles out to improve his positioning. Then 5 comes for a surprise pick. By changing his angle at the last moment, 5 is creating the opportunity for 2 to attack the other side of the pick. If 2 uses the screen, we want 1 to stay high to open up the passing lane. This was the only set we used with two perimeter players on the weak side for a spot up shot or a close out (**diag. 9a, 9b, and 9c**).

### SPAIN PICK AND ROLL

We also used a pick and roll set with a back screen often called "Spain pick and roll." We used it a lot against all kinds of defenses with a small adjustment when we were facing hedge out. Our 3, the back screener, does not commit into setting a back screen for 5, but instead flashes to the gap. At the same time 1 does not stay in the corner, but improves his position to open up another passing lane for the ball handler 2 (**diag. 10a, 10b, and 10c**).



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@bartzokasizm

# MY 3-2 ZONE DEFENSE

PHILOSOPHY, CONSTRUCTION AND APPLICATIONS,

IN COLLABORATION WITH ASSISTANT COACH GIANLUCA TUCCI



## PREMISE

What I propose are the results of my own experience and daily consultation with my technical staff, as well as with the players themselves. Of course, there are a thousand different ideas and developments to be considered as a coach. It is not my intention to convince or teach you along specific lines. This defense is simply the one I use in training and have been trying to perfect for 15 years now.

## WHY I CHOSE THE 3-2 DEFENSE FROM THE VARIOUS ZONES:

IN 2017  
AND 2019 HE  
WON ITALIAN  
A1 TITLES

1. I like the shape and it gives me a sense of protection.
2. I've always liked playing it as a player.
3. I like the point guard to decide what to do.
4. Maybe I'm not able to teach 2-3.
5. I consider it a difficult defense to attack.
6. It adapts to many offensive sides.
7. It can easily become a match-up defense.
8. It has an initial deployment that lends itself to being stretched across the board.

## CLARIFICATION

I developed several forms of the 3-2 zone, which I classified as follows:

1. **Classic:** in the middle of the court (with the playmaker in a central position).
2. **Match-up:** in the middle of the court adapting positions and roles to the opposing sides.
3. **Adapted:** in the middle of the court (without letting

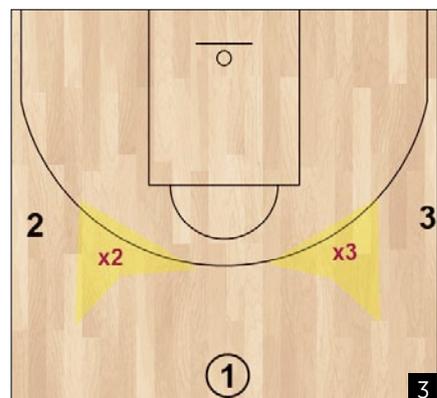
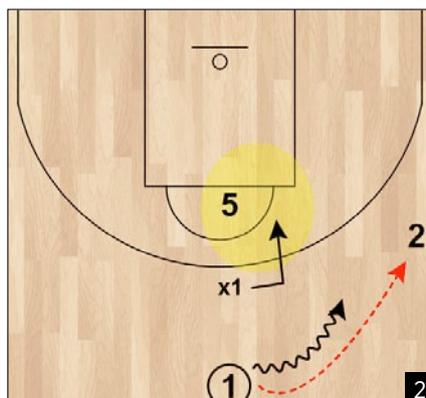
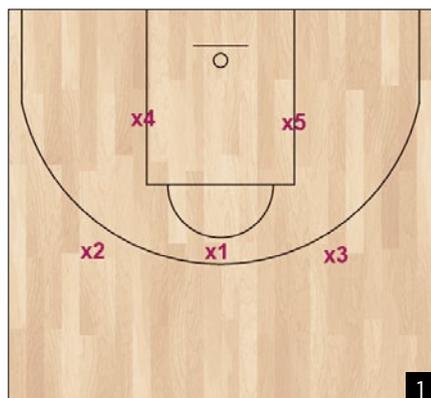


the big ones out in the corner, but always rotating with the outside defenders).

4. **High:** in the middle of the court (with the small forward in a central position).
5. **Extended:** full court without doubling.
6. **Pressing:** full court with doubling.

### WHY USE CLASSIC 3-2 ZONE

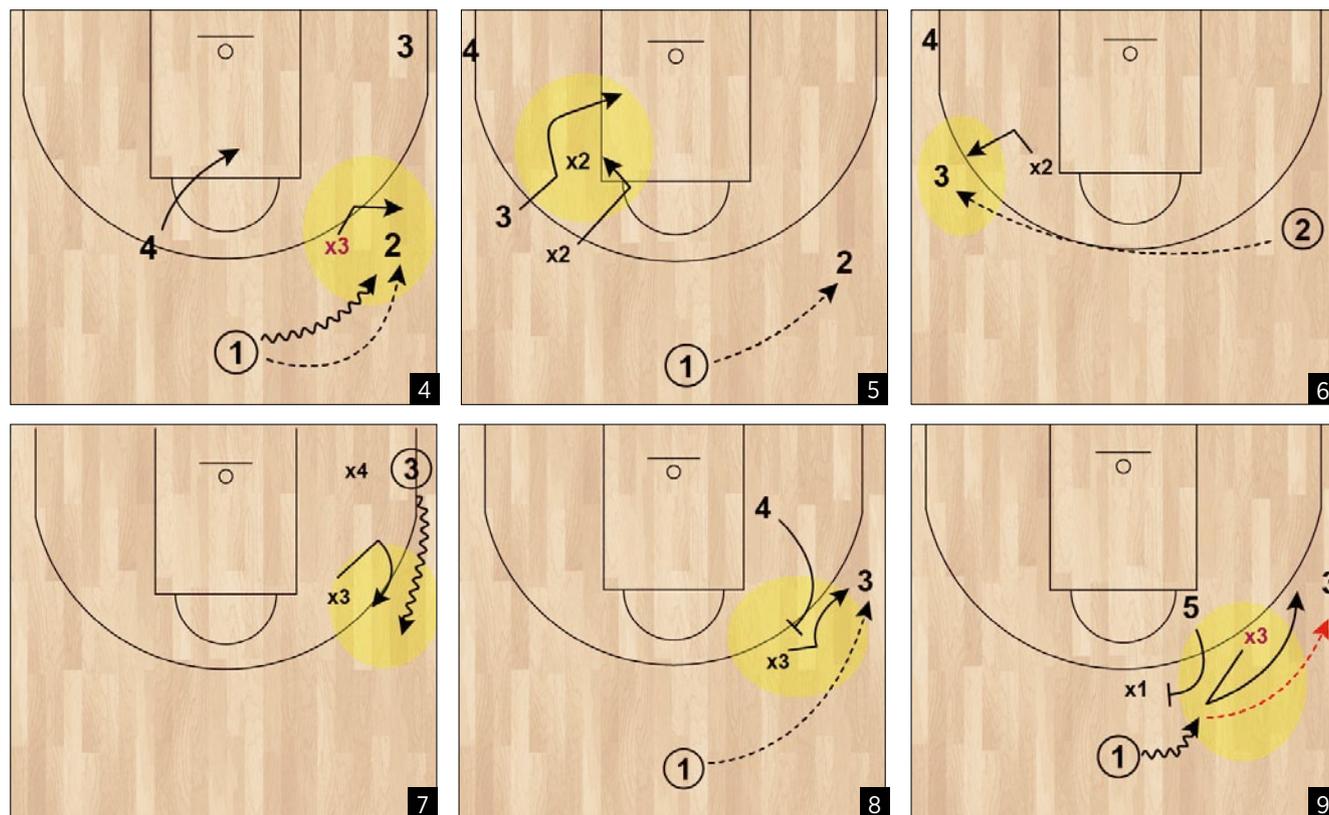
1. To change the pace of the game.
2. To force the opponents to have to think, which slows down the attack.
3. To highlight the limitations of an opponent, if they have bad passers and/or shooters.
4. To counter particular opponent quintets.
5. To wake up your team if they are playing sluggishly or appear to be asleep.
6. To force the offense to have to try unusual things (e.g. attack 30 'vs zone).
7. To protect your team from getting into foul trouble in complicated situations.
8. To create difficulties for the offense when their best player(s) is out.
9. To protect the paint in the event that you are suffering too many fast breaks and/or 1 on 1s.

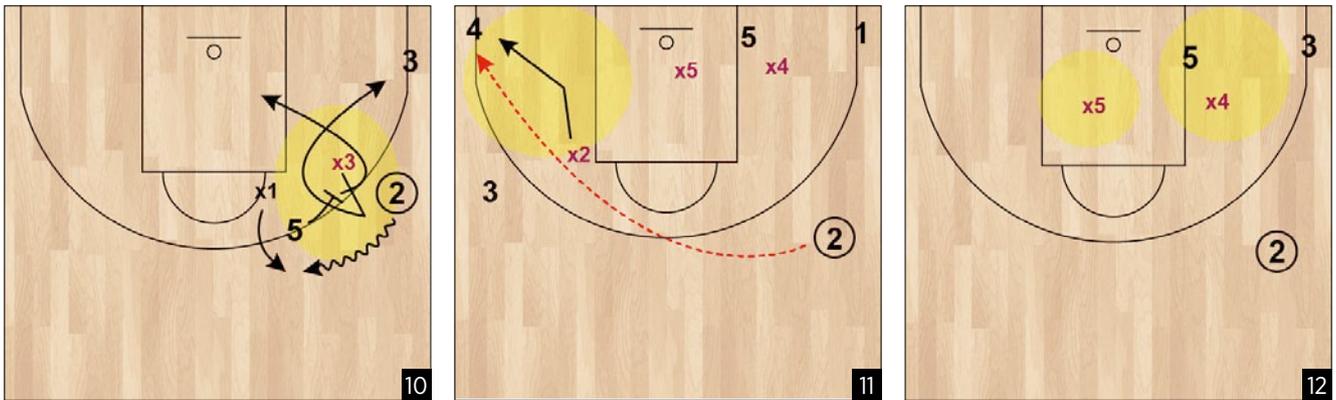


## WHEN TO DEPLOY 3-2 ZONE

1. From out-of-bounds (lateral or baseline).
2. After a timeout.
3. In response to an opponent's particular style of play.
4. When an opponent is becoming more effective on offense.
5. After a free throw or a made basket off a fast break attack.
6. Right as the game starts, to confuse the opponent's offense.
7. In the last minute of a quarter, to create a "surprise effect."
8. If you undergo too many penetrations.
9. If the 1 on 1 attack is not contained.
10. When the opponent doesn't have their best player on the court and the team's ability to think and play disciplined, decreases, generally speaking.

Let's analyze in more detail some fundamental aspects concerning the limits, advantages and the proper teaching of a 3-2 defense. Knowing in advance the potential and the risks of one's choices helps to better manage



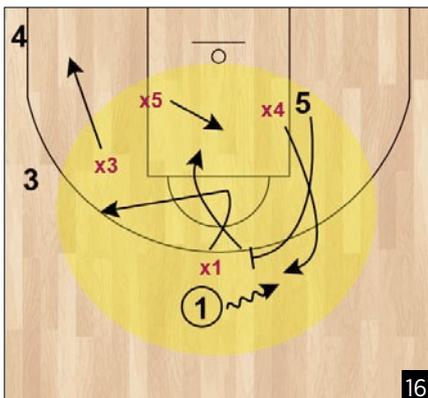
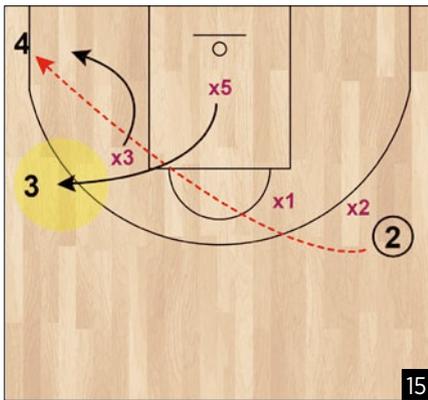
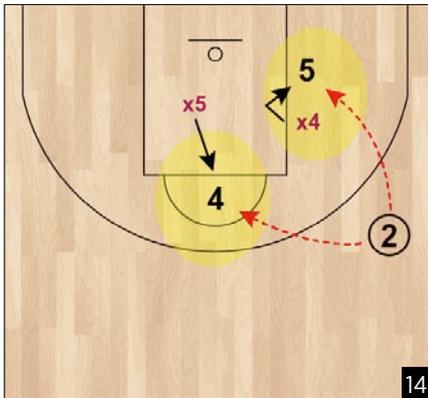
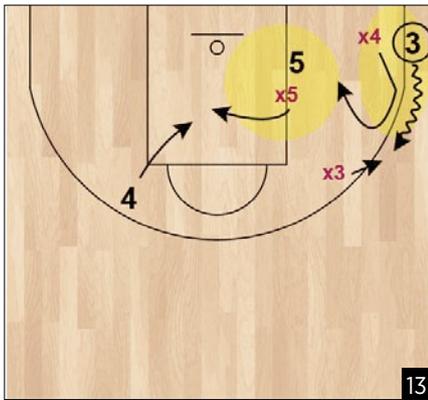


the construction, realization and translation phases of the defense on the court. This promotes solutions to any problems beforehand, in the programming phase.

### GENERAL LIMITS AND POTENTIAL TECHNICAL DISADVANTAGES

1. It requires detail and patience, along with practicing it in a high intensity setting, before satisfactory refinement and effectiveness can be obtained.
2. It is certainly weak in the corners, if the taller players are not particularly dynamic.
3. It is weak in the free throw area, to the extent that if the timing of the rotations is not perfect, or if the players aren't impressive in their stature or physical size, it can create holes.
4. It can give advantages to an offense that knows how to use the central blocks on offense.
5. There may be difficulty against an attack that positions two big players in the high post.
6. It may risk allowing offensive rebounds, especially on the weak side.
7. It can be taxing to the defense both physically and mentally because there are many variables.





IN 2020  
HE WON THE  
ITALIAN CUP

8. A coach needs the confidence of his interpreters to translate the strategy of the defense clearly, and he also must have high confidence in his players to be able to think on their feet and to use their basic understanding of zone defense. They can then implement that in situations where the game plan breaks down.

### TECHNICAL ADVANTAGES AND POSITIVE ASPECTS

1. Helps the team "communicate" on the court.
2. Improves the tactical and anticipatory skills of individual players.
3. Trains your attackers to recognize weak spots in zone defenses.
4. It favors the development of the fast break.
5. Enhances team spirit as a "group".
6. Counteracts one opponent's individual talent, and forces other less talented players to be involved.

**TIDBITS**

Among his hobbies is cooking

He is a movie fan

The Italian Sanremo Music Festival is his favorite music event

### FOOD FOR THOUGHT FOR DIDACTICS AND PSYCHOLOGY

1. The enthusiasm of the coach, especially in proposing a "new" or in this case "personalized" team defense, becomes the identity of the team. Therefore, the purer and more important it is, the better it is transferred to the players that way.



2. The concept of aggressive play is the first instruction to the players: the zone is not a "passive" defense; exactly the opposite. It wants to press the opponent in certain areas on the court. It wants to force dribbling and force passing. It also can allow you to shift to a different defense pretty quickly... Ultimately, it is in all respects a defense that "commands" attention.

## ARRANGEMENT OF PLAYERS, RULES AND CONSTRUCTION OF THE CLASSIC 3-2 ZONE

### Initial Deployment

It foresees a first line with X1 in the central position, X2 and X3 in the lateral positions. The second line features X4 and X5 across the lines of the 3 second area. Note: the distance between X1, X2 and X3 is variable, depending on the situations to be faced, while that between X4 and X5 must remain constant for the duration of the defensive action (diag. 1).

### Positions, Roles and Skills

X1 (Playmaker). He is responsible for the ball during the defensive transition (also possibly for the conduct of the opponent's counter attack). He positions himself in front of the ball as soon as it passes the midfield line in a central position; he does not press the dribbler.

When the ball moves sideways (dribbling or passing), X1 becomes responsible for the high post area, so he

will stand in front of any attackers (diag. 2). When the ball is in the corner, he continues to be responsible for the high post area.

### X2 and X3 (Guard and Small Wing).

They are responsible for the offensive players on the sides of the court, and have the task of quickly matching up with any shooters. In the middle of the field, with the ball in a central position, they are lined up "open" to be ready to move in any direction and into the passing lane (diag. 3).

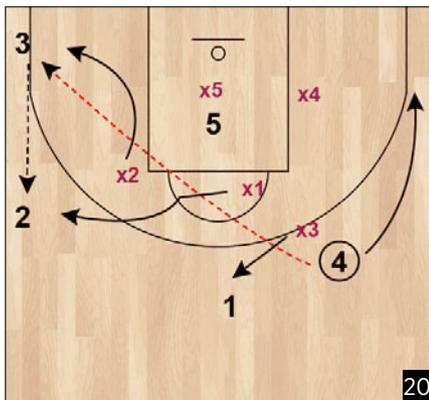
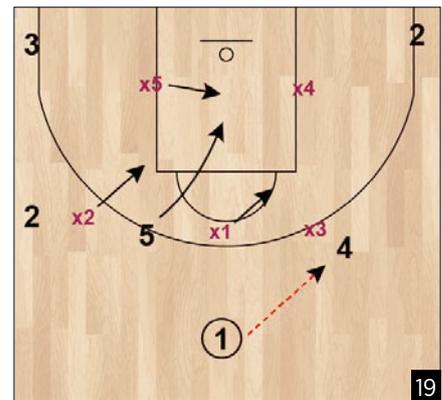
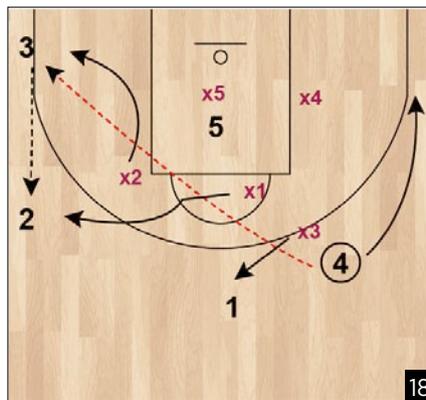
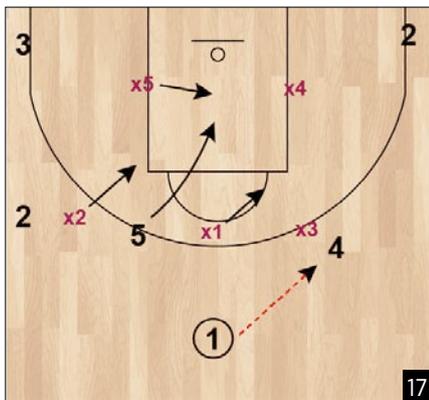
When the ball moves to one side, and goes to the wing (45 °) or guard position (even when it is an over the top pass), they have the responsibility to then press up on the ball, as aggressively as possible, to avoid easy passes into the corners for jump shots, or easy passes to opponents in the middle who will drive to the center of the painted area (diag. 4). When X2 or X3 are on the weak side, they become responsible for an intermediate zone that is halfway between the corner and wing positions (X movement).

When defending a cut to the basket, they will have to body check the cutter before "delivering" the exchange to an internal defender (diag. 5)

As the ball moves around the zone, they must move "with the ball" in order to close out, and defend against any easy shot. The second objective will be to prevent the opponent from making the extra pass (diag. 6).

When the ball is in the corner and the opponent drib-

## COACHES ▶ MY 3-2 ZONE DEFENSE



bles upwards, X2 and X3 have the task of calling the change to the defense, guarding the dribbler and pressing up on the ball aggressively, as per the initial rule (**diag. 7**). In defense of a screen (for example, a "containment" screen), they must "slide" above the screen, never "pass under" it (**diag. 8**). In the defense on a central pick & roll that directs the ball in their direction, they will have to make a sudden and aggressive "show" movement, pressing up on the ball, only to then get back "in recovery" towards the position of the ball, in the case of a pass (**diag. 9**).

When defending on a side pick & roll that directs the ball towards the center, they will be responsible for "handing over" the dribbler to X1 and slowing down the blocker's cut, before "handing" him over to X4 or X5. Then they must move in the direction of the attacker, who is free in the corner (**diag. 10**).

When, for any reason, they have to leave their area in the zone (for example in the close out deriving from an X movement), they must communicate the change of defense to the rest of the team from zone to man, to

avoid mismatches and players left open (**diag. 11**).

### X4 and X5 (Power Forward and Center)

As mentioned above, the initial deployment of X4 and X5 determines the distance between them, which they will have to keep constant. Therefore, it is essential that they respect the rules of the defense. When the ball is in a lateral position, they are responsible for occupying an intermediate position between the low post and the corner of the strong side, certainly preventing any pass to the low post, and instead allowing one to go to the corner. On the weak side, they will be in a position that involves both feet within the 3 - second area (**diag. 12**).

When the ball is in the corner, if they are on the strong side they will have to avoid easy three-point shots and press up on whoever has the ball, directing the opponent to the top of the zone and hand them off to X2 or X3, and then quickly return to the intermediate posi-

tion. If, on the other hand, they are on the weak side, they must immediately rotate over to the strong side, possibly anticipating a pass to the low post or prepare to counteract a possible cut that starts from the first line (diag. 13).

If the ball arrives in low or high post and they are on the strong side, therefore marking the ball, they will have to communicate a change of defense from zone to man (diag. 14).

If they have to leave their area of competence (for example, in the close out deriving from an X move-

ment), they must communicate the change of defense to the rest of the team from zone to man, to avoid mismatches and players left open (diag. 15).

### General Rule Following the Change of Defense from Zone to Man - to - Man

All the pick & roll situations prior to the change of defense, will need to get systematic changes between the two defenders involved, and, possibly, include further rotations deriving from any mismatch situations (diag. 16).

### Construction and Didactic Progression

1. In the first exercises, the players are lined up on the court 5 v 5 and they move with the ball to learn what the movements are, spacing on the court, and proper defensive position.
2. Subsequently, the same movements are carried out by placing six offensive players and then seven on the court.
3. The phases of learning the "knowledge" of the rules on the defense, progress from simple to more complex situations, in an order that could be as follows:
  - (a) Moving the ball and stationary players
  - (b) Ball and players in motion, therefore including cuts without the ball
  - (c) Use of blocks without ball
  - (d) Use of blocks on the ball
4. The "specialization" phase requires that each "defensive line" practices separately first, and then practices with everyone. The exercises address strong side and weak side defense, first separately, and then together.
5. The "competitive" phase involves an increasingly complex sequence of defensive rotations, ranging from 2 v 1 to 5 v 5 going through all the combinations of super number and sub-number.

### Examples of Classic 3 - 2 Defense Adaptation to Develop against an Opponent's Offense

In diagrams 17, 18, 19 and 20 we can see the necessary adaptations.

*"Transfer the strength of your 'feeling' to the players: it will be the strength of their 'acting.'"*



<https://www.reyer.it/>



<https://twitter.com/walterino3110>



## CAREER

2000 - 2005  
BASKET LIVORNO A2 AND A1  
SERIES  
ASSISTANT AND HEAD  
COACH

2006 - 2008  
CASALPUSTERLENGO A2  
SERIES HEAD COACH

2008 - 2010  
PAVIA A2 SERIES  
HEAD COACH

2010 - 2011  
VERONA A2 SERIES  
ASSISTANT

2011 - 2016  
REYER VENEZIA A1 SERIES  
ASSISTANT

2016 - PRESENT  
REYER VENEZIA A1 SERIES  
HEAD COACH

# FINISHING AT THE RIM

## A COLLECTION OF DECISION DRILLS

**T**he game of basketball, which we all love so much, is one of the most complex sports in the world. With ten players continuously moving on the court, it's very unlikely that a player will face exactly the same situation twice in a season. Therefore, as coaches we have to forget the idea that we can practice and prepare for every possible situation. We can only prepare our players to make the best decisions in those inevitable new situations

In addition, practice time is a limited resource. Every coach lacks sufficient time with his team on the court; that goes for the grassroots level coach with one to two practices a week, as well as for professional coaches at the highest level with ten court sessions a week.

In order to improve practice time, I would like to take a critical look at the drill the most time is spent on: layup

lines. So many practices and pre-game routines start with those 1-on-0 layups, as if it is the only way to get warmed up. There are many different variations, but no defender and no decisions for players to make. Coaches keep stressing a perfect execution with the correct hand and are only satisfied with x number of perfect makes in a row. It's called working on the fundamentals of the game. But, are we sure we're selecting the correct fundamentals and are we sure we're preparing our players for the real thing, a game?

In the video section of this magazine, I break down all finishes close to the basket during a EuroLeague game. In 40 minutes of basketball, I count one single regular layup (left-right with left finish on left side or the opposite on the right side). Just ONE! Furthermore, you will recognize "Eurosteps", floaters, runners, off-foot or off-hand finishes, hesitation steps, spin moves, one-step layups; scoop layups ... Every layup is a decision by the offensive player to



protect the ball, mislead the defense, and to maximize the scoring percentage.

If coaches continually stress perfect execution of the fundamentals of making layups and making them x number of times in a row, they are missing out on teaching other ways of finishing at the basket; ways that may be used more often than a player's taking an actual layup.

In today's society, people have short attention spans. They need to be challenged to stay committed and focused. It is the same with basketball, and that goes for pro athletes and kids. For example, compare it to popular video games, which take you to the next level and different stages regularly. Nobody plays a video game where they have to solve exactly the same challenge over and over again. In most popular games, players have multiple lives, so they are able to make mistakes, keep playing, and get better.

Like video games, our drills on the court should resemble a similar theme:

- 1) Practice situations should be real life, that is game-like.
- 2) Every repetition should involve a different decision to be made. The setting is never the same. Adding a defender is the easiest way to add decision-making to your drills.
- 3) Every once in a while, we should upload a different setting for our players: change the layout and looks of the drill.
- 4) Nobody likes to study the game manual before beginning the next level. Give the players a chance to be creative and discover solutions on their own, before breaking it all down and teaching them techniques.

Let's turn this concept into practice for one of the most important skills on the court: finishing at the rim.

In this article I will share some alternatives to classic layup lines, which will involve introducing game-like decisions.

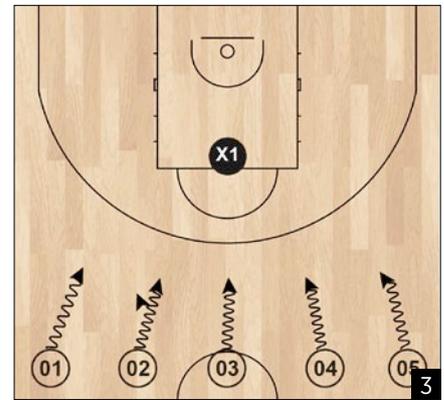
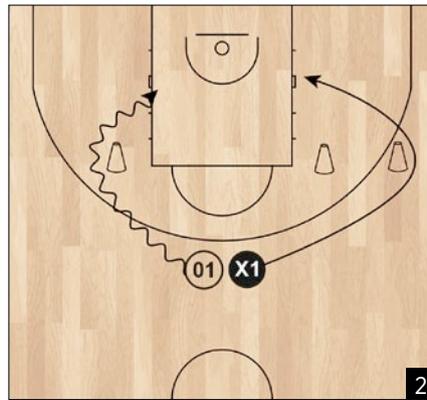
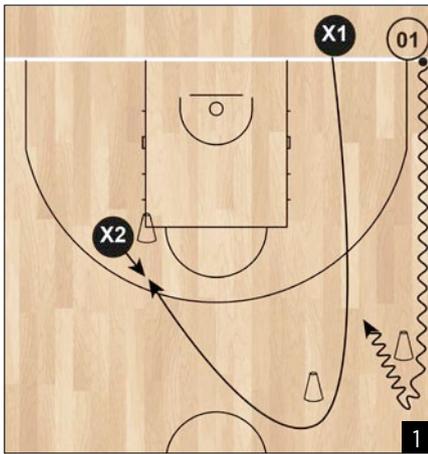
### **AWARENESS OF A DEFENDER**

If you make 100 layups in a row without any defense, it doesn't guarantee that a player will make the same



IN 2014  
HE MADE A STAGE  
AT THE ST. JOSEPH'S  
UNIVERSITY  
WITH COACH PHIL  
MARTELLI





layup during the game when they are sprinting full-court after a steal with a defender chasing them down. Just knowing a defender is chasing you, changes everything, especially mentally.

**Diag. 1** shows a drill that focuses on making your layup in that type of situation. On the whistle, 01 dribbles as fast as possible around the cone to make his layup. At the same time, X1 sprints around his cone to give a

high-five to X2 who will play defense to prevent/block the layup.

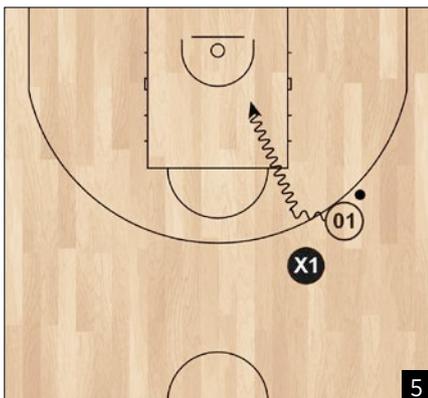
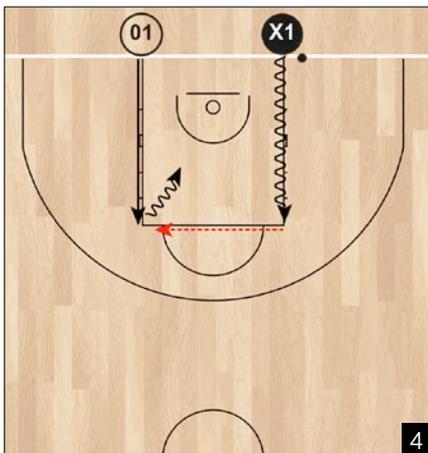
(The exact position of the cones changes the difficulty of the drill and can be modified to the level of players on the court.)

In **diag. 2** offense and defense each go around a cone before going 1-on-1. With a larger distance for the defense X1 to cover, the attacker will feel the pressure of a chasing defender.

Awareness of the defense also plays an important role in how the offensive player will finish close to the basket. Adding a “live” defender to the drill vs. only using a cone or a chair for a player to go around, adds an extra layer of competition. This drill can be modified as well. Both players start out with a ball, looking to score, and have to cover the same distance. A player gets 2 points if he’s the first one to score, and 1 point if he’s second. If a player notices he’s not first, he has to delay his layup (i.e. with a slower second step or a high arc shot), to avoid a collision with the other player and hitting their ball. But they still need to make their layup!

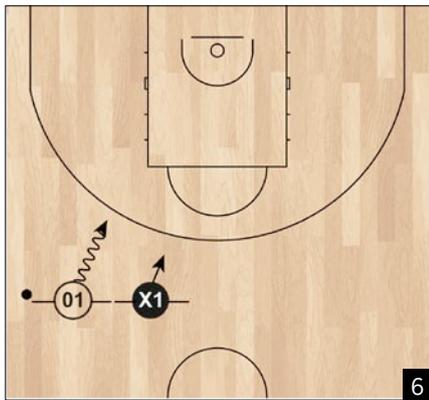
**Diag. 3** shows a similar breakdown for a warm up for the younger age groups. Five players, each with a ball, start at half-court, while there is one defender.

The player who scores last, will become the new defender. Players should work on reading and avoiding the defender and limiting the traffic in the paint, which will create different finishes around the basket.

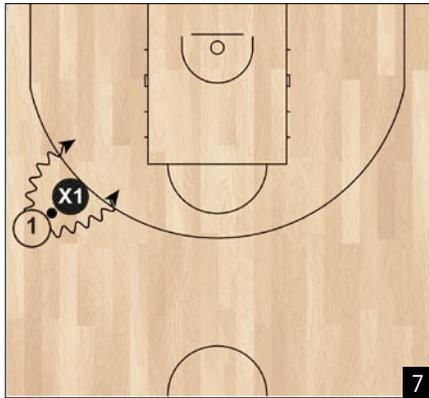


**USING YOUR BODY**

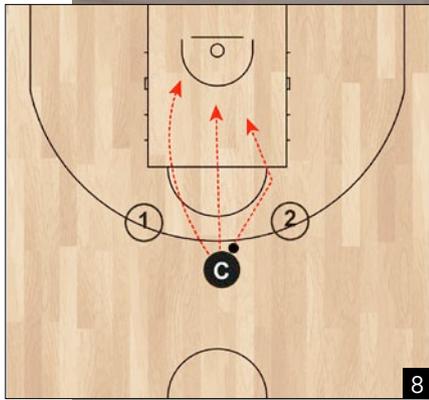
Whenever players in a game have an advantage, it’s very important to



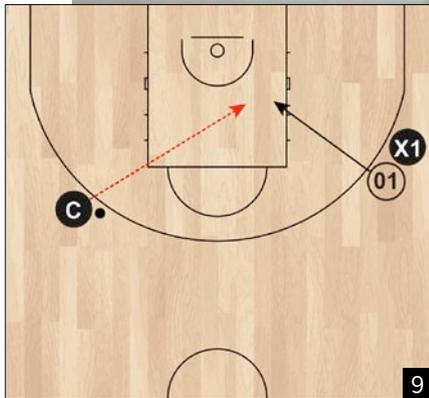
6



7



8



9

## TIDBITS

He has a PhD in mathematical physics

A big coffee lover; he might drink it at the wooden table made from the basketball court he started playing on as a kid

In 1998, he traveled to the USA just to see Michael Jordan play in his last season with the Bulls

exploit it and keep this advantage. The use of their own body as a shield between the ball and the defender is crucial in many situations.

In **diag. 4** we start with two lines behind the baseline. Both players start at the same time and X1 gives the pass to O1 on the elbow, from where both players play live 1-on-1.

**Diag. 5** starts with the offensive player in an advantageous position. Using his body, he has to keep the defender back, protect the ball and preserve his advantage as he tries to score. He wants to put the defender in jail.

In **diag. 6** both players start off next to each other, with their inside hands touching one another. O1 has the ball and, on the whistle, O1 will choose between going in a straight line as fast as possible and finishing at the basket and putting X1 in jail, or going as fast as possible and using a floater to finish at the basket. In **diag. 7** both players start behind the three-point line, both facing the basket. O1 holds the ball against the back of X1 who is on defense. O1 determines when the drill starts as soon as he takes the ball off the back of X1.



HE RUNS  
WORLDWIDE  
CLINICS  
FOR FIBA



### GAME-LIKE FINISHES

How can we mimic certain game situations in practice? How are we able to score in traffic after a cut, or after grabbing an offensive rebound, or even after diving for a loose ball?

In **diag. 8** you see two players, each in a slot position. On top of the key, the coach (C) is holding the ball. He can either roll, throw, bounce, or smash the ball somewhere on the court. Both players fight for the ball and play live until one of them scores. Alternatively, both players start off facing the basket and react upon seeing the ball that comes from behind them. It can also be turned into a full-court drill where both players start on the elbow and the ball comes from the coach who's standing on the baseline. This also incorporates using a visual cue to force a quick reaction.

In **diag. 9** O1 and X1 start behind the three-point line. Upon the whistle, O1 cuts to the basket, catches the pass from the coach and finishes. X2 plays live in the defense from the start. Upon catching the pass on the way to the basket, O1 can't stop or dribble. He has to finish on the run to the basket.

The coach varies the type of pass (lob, bounce, chest) and timing. Running this drill from the corner, turns it into a so-called Danilovic-cut.

This is a typical drill where players are forced to be creative. Due to the circumstances, he will have to score with his off-hand, a scoop or a high arc shot. Players will discover on their own different finishes that work for them.

### PRE-TACTICAL 1-ON-1 SITUATIONS

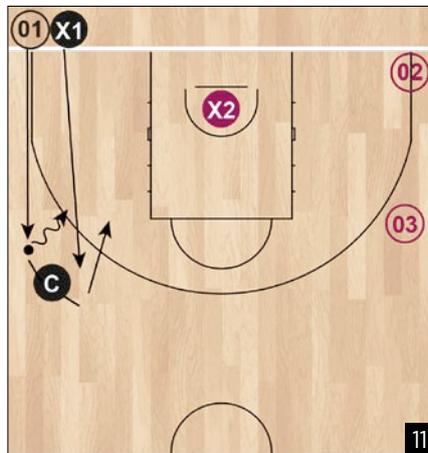
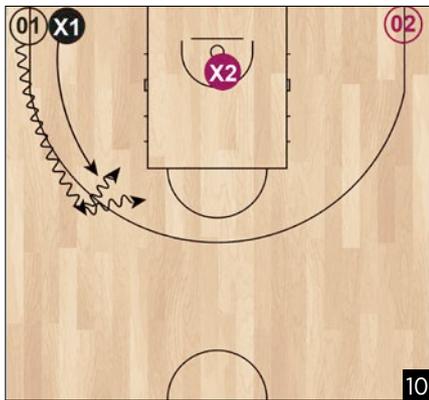
Creating the advantage for the player with the ball can happen on the catch or coming off a screen. Whenever that happens in games, help-side defense is coming. This adds another layer to the decision of the offensive player: finish around the rim with contact or kick the pass to the open teammate.

In **diag. 10** offense and defense start circling around the three-point line, one behind the other. O1 can attack any time he wants. X1 can play live from the moment O1 puts one foot within the three-point line.

In a 1-on-1 setting, this is easy for the offense. It's harder when X1 starts just inside the three-point zone, moving laterally, but face-to-face with O1. O1 has the advantage by taking the initiative. In the diagram, the extra players for the drill are marked in another color. By adding a teammate in the corner and a player in the help defense, O1 can choose between exploiting the advantage himself or creating a 2-on-2 situation by kicking out the ball to O2. In an early stage of the drill, the second defender, (X2) can be told when they should enter the drill.

**Diag. 11** shows the advantage created on the catch. Coach starts with his arms spread on the wing, holding the ball in one hand. O1 takes the ball out of his hands, while X1 has to give a high-five on the other hand. By adding extra player(s) in offense and defense (red), decision-making can be improved going right into 2-on-2 and 3-on-3 situations.

In **diag. 12** both players start in the corner. O1 will set up his defender before using the screen and catch-



es the pass on the curl. X1 is forced to go over the screen too. Same possibilities are there for creating a 2-on-2 or 3-on-3 situation (red).

All these 2-on-2 or 3-on-3 situations can be used for multiple purposes. Exactly the same setting can be used to work on the defensive rotations. Instead of a static start where a defender has to let an offensive player go by him, these situations are immediately live and game-like. The advantage

comes from the design of the drill and defender will not be asked to let him beat himself.

As one can see, the number of possibilities are limitless.

Many of the ideas or pieces of the drills I've picked up from different coaches along my path, among them: Joerik Michiels, Alex Sarama, Chris Oliver, Joe Riley, just to name a few.

In order to prepare your players for the complexity of a real basketball game, never stop combining, adding and changing layers, cues, loads and decisions in these kinds of drills. I pass it on to you, Coach!



[www.pascalmeurs.com](http://www.pascalmeurs.com)



@PascalMeurs



[www.facebook.com/pascal.meurs](https://www.facebook.com/pascal.meurs)

## CAREER

2011 - 2012

DBC HOUTHAIEN D 1 - WOMEN'S COACH  
BELGIUM

2012 - 2013

LFB ARRAS PAYS D'ARTOIS  
SPORT DIRECTOR - HEAD COACH  
FRANCE

2013 - 2014

TOPSPORTSCHOOL - HEAD COACH  
BELGIAN BASKETBALL FEDERATION

2014 - 2015

MUSEL PIKES D 1, LUXEMBOURG  
HEAD COACH

2015 - 2016

BSW WEERT D 1 - HEAD COACH  
HOLLAND

2017 - 2019 T71

DUDELANGE D1 - HEAD COACH  
LUXEMBOURG

2019 - 2020

EUROPROBASKET INTERNATIONAL  
ACADEMY - HEAD COACH, SPAIN

2020 - PRESENT

SPARTA BERTRANGE D 1  
HEAD COACH, LUXEMBOURG

## THUMB SET (PART THREE)

**T**erry Stotts, head coach of the Portland Trail Blazers since 2012, shows another solution, the "Thumb Out," which originates from the "Thumb Set."

"The set is still the same with two big men at the elbows of the free-throw area, two wings on the corners and the point guard in the middle of the court. We can start from either side of the court. The ball is in the middle in the hands of the point guard, with a big man, who pins down for the wing, who comes up. The point guard fakes for a hand-off pass, and then

flares to the corner, looking for the ball. If there is no pass to the point guard, on the weak side the other big man pins down for the other wing, who curls around and looks for the ball for a jump shot."



eCoach is the official technical video company of the NBA Coaches Association (NBCA, [www.nbacoaches.com](http://www.nbacoaches.com)). Several NBA head and assistant coaches share their drills and plays.

There are different sections of the library, from children, to youth, to pro level. You can obtain more information about the company and its services by going to [www.ecoachbasketball.com](http://www.ecoachbasketball.com)



**NATIONAL BASKETBALL COACHES ASSOCIATION  
PARTNERS WITH ECOACH TO TEACH  
BASKETBALL TO THE WORLD**

# FIBA WORLD CUP: SPAIN'S DEFENSIVE PLAN VS ITALY



Aside from the many other defensive aspects of this game, we would like to underline how the Spanish team worked, above all, to decrease the scoring percentage of the Italian shooters. The Spanish defensive plan was to suffocate the opponent's offense, seeking to lower the percentage of the medium and long-distance outside shooting of the Italian players—taking into account the dangerous threat of their shooters, especially Gallinari, Belinelli, Gentile, and Hacket. In the previous game vs Serbia, Italy had had a 44% two-point percentage, and a 42.3% three-point percentage. To reach this aim, Spanish defense was contesting and avoiding shots after a penetration, and doubling

leaving a pick & roll or off screens, arriving in transition, or, even, in the last seconds of possession.



## Claudio César Prieto

Argentinian professional coach, who also holds Spanish citizenship, he has attended many clinics and been the guest of teams worldwide, including the San Antonio Spurs of the NBA. Prieto was on the staff of the Michael Jordan Brand Classic in Barcelona. He has coached Catalan teams, has the top Spanish and Argentinian coaching licenses, and is an expert in video analysis. [www.thecoachclaudioprieto.com](http://www.thecoachclaudioprieto.com)





## THE HARD TRUTH ABOUT LAY-UPS

With this current season coming to an abrupt pause due to the Covid-19 crisis, I want to take you back in time. Let's focus on last year's EuroLeague Final Four in Vitoria-Gasteiz, Spain, and more specifically on the semi-final between Real Madrid and CSKA Moscow. In this breakdown video, I analyze every single layup of the game. In slow motion, you will recognize Eurosteps, floaters, runners, off-foot or off-hand finishes, hesitation steps, spin moves, one-step layups; scoop layups ... It's also interesting to wonder WHY a player chooses each specific finish. Every layup is a decision by the player on offense to protect the ball, mislead the defense and to maximize the scoring percentage. The hard truth about layups though, is that in this game you will only count one regular layup (meaning right-left steps with a right-handed finish on the right

side and the opposite on the left side). Just ONE! In this issue of the magazine, you'll find the article where I explain several alternatives for all the regular layup lines we tend to do in warm-ups. I discuss several drills that work on the skill set and decision making of finishing close to the basket.



PASCAL MEURS (b.1980) is currently the head coach of Sparta Bertrange (Luxemburg). Recently, he worked for six months as the head coach of EuroProBasket International Academy for professional players in Valencia, Spain. He has experience as a head coach at the highest level in Belgium, The Netherlands and France. Pascal is an expert in advanced basketball analytics and a skilled speaker at coaching clinics. He also runs a coaching website and newsletter: [www.pascalmeurs.com](http://www.pascalmeurs.com)

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DEL BASKET**



**alqueriadelbasket.com**

# FROM COACHES TO CULTURE

## GERMAN MINI BASKETBALL ON THE RISE

**G**erman youth basketball has moved up to the top ten among the European nations in the last few years. This development has highlighted what is being done in the male and female youth national leagues, JBBL/NBBL/WNBL, and in the national team programs. Sponsored by corporations of the German National Federation, the 16 state federations, and the youth programs of many professional clubs, this movement has led German youth national teams to their first ever European Championship, and a few more medals.

While German youth basketball is improving in quality in U15 to U20 categories, German mini basketball remains far distant in numbers from its top European neighbor nations. A comparison with Italy, Spain or France shows that all



HE IS  
A CERTIFIED  
COUNSELOR  
VOLUNTEERING  
IN SPORTS  
MANAGEMENT

three have four to five times the number of mini players, approx. 150,000; Germany has approx. 27,000, low in comparison to its population, the largest of the four countries.

In this article I will try to give you an idea of what is happening in German mini basketball, how it has grown more than 34% from 2014 to 2019, and the role of the coaches and their education. This growth is even more significant when we take a look at the other popular games being played in Germany: while basketball gained more than 9,000 children in the U14 categories from 2013 to 2018, soccer lost almost 200,000 kids, handball 16,000 and volleyball nearly 8,000 over the same period.

So, what has happened? If we look at the last decade of mini basketball the first steps to create more interest were taken in the 2009/2010 season, when the DBB tried to establish national rules for the U12 teams. Until that time, the 16 states played with different rules, score sheets, etc. The new rules were not adopted in all areas however, with baskets still at a height of 3,05 meters (10 feet) for all age groups. At the same time, mini basketball was rarely found to be a part of the education of coaches. In many of the 16

states it was not mandatory at all. The DBB started to organize national clinics in mini basketball beginning with central clinics in 2011 and 2013, and with an accompanying project to support the recruiting of mini basketball players into the clubs through cooperation with elementary schools.

The result of these investments in mini basketball was an increased awareness of how it could be disseminated in Germany on all levels and the start of a discussion with coaches and managers on how to bring it about. This discussion led to a working group whose results were delivered in the 2014/15 season and concluded that there were three major reasons for the small numbers and structural deficits in German mini basketball:

1. No cohesive national culture for mini basketball (rules/basket height)
2. No mini basketball education or further training for graduated coaches
3. No presence, network, or exchange for mini basketball stakeholders

These results led to a campaign for mini basketball coaches that has become an ongoing national movement and it happened in three major steps. The name





**HE WAS  
2010 FIBA  
U17 WORLD  
CHAMPIONSHIP  
ORGANIZING STAFF  
MEMBER**

of the program which is a co-partnership of the national Federation and the German Basketball Development Fund (an organization of the men's Division One and Two clubs) was dubbed "Mini-Trainer Offensive".

The project was started in 2015 as an educational program for coaches, who would not only improve their own skills in mini basketball, but, also be able to share their knowledge in clinics after they had graduated from the program. This "teach-the-teacher" idea was intended to increase the number and quality of mini basketball coaches in Germany.

The program designed for the one-year intensive



course consists of three seminars (Thursday to Sunday) and an online campus component with the opportunity to learn as a community with social video learning. The Saturdays of the seminars are open as public clinics to coaches outside the class of coaching students. In addition, the coaching students have to visit an expert to observe and discuss practice in mini basketball, and they get visited by two experts in their practices to get feedback on their work. Other important content that was included in those initial mini basketball educational seminars was the goal of obtaining a look at the bigger picture in terms of children's athletics by creating an exchange with other sports, other national federations (e.g. Italy's) and/or science. In the first two classes (2015/16 and 2016/17), 24 coaches graduated from the program and most of them became speakers in mini basketball clinics.

After this important first step, the second step was taken in 2017. The final seminar of the second class of the program in May 2017 was organized in combination with FIBA's Annual European Mini Basketball Convention and a national "Day of Mini Basketball" in Frankfurt. Over 160 German mini basketball stakeholders came together for discussions, to hear lectures from German speakers in the morning, and to attend the FIBA clinic together with 80 international guests in the afternoon.

During this event the DBB's new mini basketball book (116 pages) was presented and this was a milestone. For the first time all German basketball organizations agreed on a concept and a book on how mini basketball should be brought to young children. This event and the book created a boost in the awareness of mini basketball. The book has since been distributed for free on more than 12,000 occasions since 2017.





Marius Huth:  
expert in the  
intensive  
courses

Juergen Maassmann one  
of the two authors of the German  
Mini basketball book, 12,000  
free copies delivered



Antonio San Payo  
Araujo: ex manager  
Portuguese Mini  
basketball and FIBA  
Europe speaker





In addition, since that time, each year more than 500 coaches attend one of the many new mini basketball clinics all over the country. To keep their networking going an online community was opened up for all aspects of mini basketball from equipment to events. In the last AdB Hoops issue, Coach Carillo described how important the ideas and philosophy of mini basketball are, and since 2017 there has been a fast-growing number of coaches and stakeholders in Germany who have gotten on board with the same ideas and philosophy in order to bring mini basketball into the future. The increasing awareness of mini basketball and the extensive support of mini basketball coaches has led to a whole new national identity among them. Mini-Trainer Offensive has become the rallying cry for all the projects in mini basketball.

The growing network, awareness, and increasing numbers, as well as the new ideas and the common philosophy among many coaches were the basis for the third step and, perhaps, the most important one in the development of mini basketball.

After more than one year of discussions, surveys and consultations, a new set of national rules has been adopted by all 16 states beginning with the 2019/20 season. These rules finally include lower baskets, smaller and lighter balls (previously, the size 4 "Easybasket" ball had already been adopted from Italy), a reduced number of players, shorter periods and an obligation to let all kids play and rest in every game. All our experts are sure that this is the last important step to contribute to Germany's potential for

further growth in numbers because it allows more fun and success for all children who try mini basketball. One quote by our Italian friend, Maurizio Cremonini, the mini basketball technical director of the federation, has been adopted within mini basketball as a key sentence in describing the goals of the new culture: **"The kids have to love the gym!"**

Still, the graduates and experts from the intensive course (step one) remain the leading ambassadors of the new philosophy, and it gets more and more widespread every year. The next generation of mini basketball coaches will start with that philosophy from the very beginning; the education of coaches has finally led to the implementation of a national culture of mini basketball.

Now, the focus is more on the child himself and not only on the "player" and the "production of talents." We think, that this new way of teaching children in mini basketball will lead both to more players in basketball in total and to a positive experience in sports that may last an entire lifetime. On the other hand, the new way of playing will allow coaches to develop players better, but in a fun and positive environment.

A quote from coach Mike Haynes of WABC, the World Association of Basketball Coaches, at the FIBA Convention in Frankfurt is maybe the best way to summarize the new idea: "It is their love for the game, that will drive their will to excel." And wherever kids are trained according to the new philosophy, you can really see their love for the game in their bright smiling



## CAREER

2004 - 2008  
DBB MARKETING, PROJECT  
MANAGER YOUTH PROJECTS  
& EVENT MANAGER NATIONAL  
TEAM

2008 - 2010  
DBB MASS & AMATEUR  
SPORTS MANAGER

2010 - PRESENT  
YOUTH, SCHOOL,  
SPORTS & MINI BASKETBALL  
DBB MANAGER

2015  
FIBA EUROBASKET,  
BERLIN, MANAGER

eyes. After reaching these milestones and finally lowering the baskets - as essential elements - mini basketball is well on its way. Next steps will be the continuing exchange with other nations and federations, and the design of projects to give kids an earlier start in sports or "ball" games that are somehow connected to basketball. The best example of this evolution is the project "EiE-Easybasket in Europe" which is organized by Olimpia Matera in Italy, together with partners from Italy, Czech Republic, Denmark, Spain, Lithuania, and Germany. The goal is to create a European

version of the Italian model of an easy game that prepares children for mini basketball as well as for life and further learning. First tests and surveys prove that this is a good tool to inspire kids from the age of five for the fun of playing and learning a game. This project is co-funded by the ERASMUS+ programme of the European Union. The publication of the results of testing this model is scheduled for October 2020, though whether it will be possible to keep that date due to Covid-19 remains to be seen.

Looking back at these developments in mini basketball, we are very thankful for the commitment and contributions of the many German stakeholders, coaches and volunteers involved. Bringing all the basketball organizations in Germany together for this important part of our work has been a huge effort over several years, but now is clearly paying off for kids, coaches and basketball itself. We look forward to seeing the work continue to flourish after the Covid-19 crisis.

At the same time, we need to thank all the others who supported us with their knowledge and ideas from other sports or nations, and FIBA Europe for the platform to meet so many good people over the years through mini basketball conventions.

## TIDBITS

He plays and coaches basketball

He loves to spend time with family and friends

He likes to attend live music events and concerts

 [www.basketball-bund.de](http://www.basketball-bund.de)

 @TBrentjes

# THE GLUTEUS AND BASKETBALL

## THE GLUTES ARE THE LARGEST MUSCLE IN THE BODY

**W**e are going to focus on the specific muscular activation of this part of our musculature.

In terms of anatomy, the glutes are the largest muscle in the human body and largely responsible for our species moving from quadrupeds to homo erectus and for being able to maintain the stability needed to successfully shoot on the basket as we play the game of bas-

ketball. That upright position and the possibility of walking and running as we do can be attributed to the glutes and their anatomical evolution.

In the book "*Assessment and Treatment of Muscle Imbalance: The Janda Approach*" Page, Frank & Lardner, Human Kinetics – 2014, a new concept is already being introduced, muscular amnesia. The buttocks, which each contain the glutes, have been seemingly forgotten due to sitting for endless hours - simply put, we are too sedentary. It is the work of professionals in the physical training sector to awaken this set of muscles to provide us with increased performance and a wide range of preventive measures, even for younger athletes.

### ANATOMICAL ANALYSIS

From an anatomical point of view, the gluteus is divided into three muscles: gluteus maximus, gluteus medius, and gluteus minor. However, this classification within the anatomical reality of the muscular actions required of basketball, is not an accurate depiction of how the muscles are being used. The fibers of the three glutes interact in the different movements and, depending on the muscular action, some fibers or others take on more prominence.

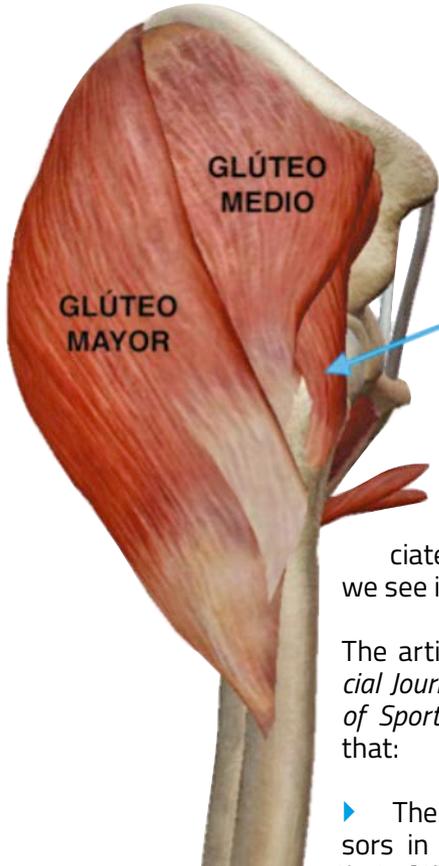
Let's put the focus on injuries, both in terms of prevention and rehabilitation.

Functional anatomy tells us that the gluteus is a determining muscle in the control of the knee so that repetitive gestures are not harmful. The gluteus maximus and posterior fibers of the gluteus medius and minor are most responsible for controlling external hip rotation and adduction to avoid knee valgus, one of the repetitive movements most likely to cause injury to this joint.

The muscle group of the buttocks plays a great role in knee injuries and the difference between the sexes is really striking. Science tells us that there is much less contractile

WITH  
SPANISH  
NATIONAL TEAM  
1 OLYMPIC GAMES  
SILVER &  
BRONZE





**GLUTEO MENOR**

capacity in women than in men, which could be a cause of the anterior cruciate ligament rupture injuries we see in female athletes.

The article published in the "Official Journal of the American College of Sports Medicine (2013)" shows that:

- ▶ The strength of the hip extensors in men is 17% greater than that of the knee extensors.
- ▶ On the other hand, in women, the strength of the hip extensors is only 2% greater than that of the knee.

In other words, in ACL preventive proposals for women, we should focus more on improving glute strength

compared to quadriceps ("Influence of Relative Hip and Knee Extensor Muscle Strength on Landing Biomechanics. Kristen M. Stearns et al").

**THE IMPORTANCE OF SPECIFIC WORK**

Obviously, coaches and physical trainers cannot be satisfied with just knowledge, we must act to reduce the probability of the occurrence of these serious injuries. In this sense, we can see how a simple exercise program focused on the strength of this important muscle group achieves good results in preventing ACL rupture injuries.

In the article published in "The American Journal of Sports Medicine (2018)": "Effect of Hip-Focused Injury Prevention Training for Anterior Cruciate Ligament Injury Reduction in Female Basketball Players" Yorikatsu Omi et al, a very significant decrease in non-contact ACL injuries can be seen in young basketball players.

The keys to this program were: focus on the hip muscles, and employ exercises using typical basketball drills. Also important is the use of elastics bands to increase the activation of these muscles in exercises.

While working on the program's exercises, we must take care of some details. If we now focus only on the hip joint, the role of the buttocks (containing the glutes) becomes more prominent



Coque and Nadal

TIDBITS

He loves traveling, and his most remarkable trip was to Chile and Argentina

He likes spending time with his family, watching films, reading books, and listening to music



HE ALSO WON 2 WORLD & 3 EUROPEAN GOLDS

since these muscles are extensors, and internal and external rotators. Their being on "stand by" or not engaged creates a host of problems for other muscles that have to work twice as hard to compensate for the "underactivity" of the glutes.

On the other hand, many players in all categories, with chronic lower back pain have impaired motor control and insufficient muscle capacity in the gluteus medius. This is reflected in the article ("*Prevalence of gluteus medius weakness in people with chronic low back pain compared to healthy controls*" NA Cooper, European Spinal Journal. 2016).

**IN CONCLUSION**

As strength & conditioning coaches we must know how

to activate this important muscle group (the glutes) because:

- ▶ It will be decisive for the health of the knees of our players: men and women of all categories.
- ▶ This is especially important for women who play basketball as they will be investing in lowering the probability of seriously injuring their knees.
- ▶ Correct hip function depends on this muscle group.
- ▶ Lower back pain may be related to gluteus medius weakness.

It is important to include preventive programs and activation exercises in warm-ups to improve gluteal muscular performance. This may be done by analyzing individual movement during performance and also by then integrating corrections into a basketball player's standard and usual moves on the court.

In addition to increasing the strength of this muscle group, we must also offer drills to improve motor control in the following areas:

- ▶ Changes of direction
- ▶ Jump props
- ▶ Acceleration-deceleration
- ▶ Gestures with rotation
- ▶ Jumps with turns

**CAREER**

<p>2006 - PRESENT SPANISH BASKETBALL FEDERATION S &amp; C AREA COORDINATOR</p>	<p>2012 - PRESENT COACH OF WORLD CIRCUIT TOUR M &amp; W PADDLE PROFESSIONAL PLAYERS</p>
<p>2012 - PRESENT BASKETBALL FEDERATION CASTILLA AND LEÓN SPORTS DIRECTOR</p>	<p>2012 - PRESENT S &amp; C COACH MINOR CIRCUITS TENNIS PLAYERS</p>



SUPPORTING  
BASKETBALL

SINCE  
2008



valencia  
basket  
club  
des de 1986

# OSCAR FOR SUPPORTING CAST: THE REFEREE(S)

## THEY HAVE A ROLE TO PLAY ON THE COURT

Each year the Academy Awards foundation presents "Oscars" to recipients who have excelled in the motion picture industry. One such award is given for Best Supporting Actor or Actress. The men and women, who don the uniforms of a referee have a role to play each time they enter onto a basketball court/stage.

The players with whom the fans come to see are the stars. Uniforms of their favorite player(s) are worn and seen throughout the arena which indicates their passion and support. Rarely if ever will you see the uniform of the referee adorned in the stands, except in the form of mockery from some of the more enthusiastic followers. Hence, the officiating crew, referees, as they are called serves the very important role as "Supporting Cast" to the stars. They have an important responsibility that is often overlooked and many times underappreciated in our modern day. They serve as impartial judges without any allegiance to any team or player. They render decisions based on the governing rules of the game without deference, except for those acts which are in clear violation of the set of rules and interpretations that have been established by

INVOLVED  
IN BASKETBALL FOR  
35 YEARS AS PLAYER,  
REFEREE OR  
INSTRUCTOR



the respective governing bodies.

These young and not so young individuals from all walks of life embody the foundational principles of the game. They must be individuals with a strong sense of moral integrity, character, acute judgement and physical acumen. They are entrusted with authority and administration over the contest for which they have been assigned, yet expected to be inconspicuous but in complete control of the action and behavior of the players, coaches, and fans.

Hence this role of supporting cast is demonstrated when the "stars" violate one the provisions of the game and the referee, who has been trained sufficiently, blows his whistle and all the action stops. Some like to think of this pause as a commercial break. In America, during the biggest sporting event, the Super Bowl, this is the provable test of new products to be introduced on the market in the coming months after the game is over. These com-



Golf is one of his favorite sport

Photography is more than a passion

He is also a fitness consultant



mercials are rated by the fans, viewing public and voted on as winner of the best Super Bowl commercial. Same is true for the referees, supporting cast, when they blow the whistle, and all of the focus of everyone in the arena is on them. The players all fade to what is known in the movie industry as “black” and the spotlight is on the referee.

This is the time for the referee to demonstrate his mastery of many skills required to be a referee. Upon entering the court the viewing audience inherently makes a personal assessment of how they look in their uniforms, how they look when they run, and assesses whether they can keep up with the players on the court.

This short break in the action is most crucial to the perception of the supporting cast (referees) and their ability to present a good commercial to those who are looking at them. Mastery of the rules, the basis for which you blew the whistle and its relation to the action on the court is paramount to the decisions you will make



**FOR 30 YEARS  
NCAA REFEREE  
WITH 17 NCAA  
TOURNAMENTS**

throughout the game. Therefore this first commercial break must be clear and easily acceptable and in the spirit and intent of the rules. Though brief in appearance as some of the stoppage may be, they are important to the overall perception of the cast. The thought in mind must always be about the stars/players for who the paying audience came to see and not the referees. During training sessions and moments away from the court, the referee must work on how to use the voice as a tool in his or her arsenal. They must

understand how to use projection of volume, and how inflection is used to convey commands, give directions or state rules. All the while this is to be done efficiently, quickly and with clarity.

The next time you are watching a basketball game perhaps you will focus in on the commercial break when the actors/players fade to black and the supporting cast/referees come to the spotlight to render their decisions. Will they demonstrate the mastery of their craft, inform the viewing audience of what just occurred, will occur thereafter, or will they leave everyone confused as to why a commercial was necessary to interrupt the flow of the action. Supervisors, instructors and observers are grading the performances of these individuals during these stoppages.

These are only a few of the qualities embodied by the elite referee. In the end they are most deserving of the Oscar for "Best Supporting Actor/Actress", because they provide a positive atmosphere for the Actors/players to demonstrate their talents. Don't be alarmed if you hear someone in a hallway, bathroom or in a corner by themselves saying "green fifty-five, unsportsmanlike foul, two shots and possession out of bounds". They are practicing for that moment when the stars all fade to black and the spotlight is on them. Yes, just like the main actors, they are honing their skills. How will you rate their commercial?

## CAREER

- |   |   |
|---|---|
| 2005<br>FIBA YOUNG MEN'S WORLD<br>CHAMPIONSHIPS FINAL | 2007 - 2017<br>FIBA AMERICAS<br>CHAMPIONSHIPS |
| 2006<br>FIBA WORLD CHAMPIONSHIPS<br>FINAL             | 2014 - 2016 - 2019<br>FIBA WORLD CUPS         |
|   | 2016<br>OLYMPIC GAMES                         |

 <https://www.facebook.com/terry.moore.50702>

# RULES QUIZ

1) In the third quarter, A1 is awarded a throw-in from his frontcourt. While A1 is holding the ball, B1 crosses (with his arm/s) the plane of the boundary line with 7 seconds on the shot clock. This is B1's violation. A1 shall be re-awarded a throw-in. Team A shall have:

- ▶ 7 Seconds on the shot clock
- ▶ 14 Seconds on the shot clock
- ▶ 24 Seconds on the shot clock

2) A1's shot for a field goal is in the air when the shot clock signal sounds. The ball touches the backboard and then rolls on the floor, where it is touched by B1 followed by A2 and is finally controlled by B2. This means:

- ▶ Shot clock violation.
- ▶ Team B shall have 24 seconds on the shot clock
- ▶ Jump ball situation to be administered with alternative possession rule

3) A1's shot for a field goal is in the air when the shot clock signal sounds. The ball does not touch the ring, after which a held ball between A2 and B2 is immediately called.

- ▶ Team A possession with 14 seconds on shot clock
- ▶ Shot clock violation
- ▶ Jump ball situation

4) Team A is in control of the ball in its frontcourt with 10 seconds on the shot clock when the ball goes out-of-bounds. The officials cannot agree on whether it was A1 or B1 who was the last to touch the ball before it went out. A jump ball situation is called and the alternating possession throw-in is awarded to Team B.

- ▶ Team B shall have only 10 seconds on the shot clock
- ▶ Team B shall have a new shot clock period of 24 seconds
- ▶ Team B shall have 14 seconds on the shot clock

5) With 5 seconds on the shot clock, A1 dribbles when a technical foul is called on B1, followed by a technical foul against coach A. After the cancellation of equal penalties, the game shall be resumed with:

- ▶ A team A throw-in with 5 seconds on the shot clock
- ▶ A team B throw-in with 14 seconds on the shot clock
- ▶ A jump ball situation



- 6) With 17 seconds on the shot clock, A1 releases a shot for a field goal. While the ball is in the air, B2 commits a foul on A2. It is team B's second foul in the quarter. The ball enters the basket. Referee:
- ▶ Cancels the basket and resumes the game with a team A throw-in at the place nearest to where the foul was called with 14 seconds on the shot clock
  - ▶ Counts A1's goal and resumes the game with a team B throw-in from the base line with 24 seconds on the shot clock
  - ▶ Counts A1's goal and resumes the game with a team A throw-in from the place nearest to where the foul was called, with 14 seconds on the shot clock
- 7) On a pass by A1 to A2, the ball touches B2 after which the ball touches the rim. A3 gains control of the ball. As soon as A3 gains control of the ball anywhere on the playing court, the shot clock shall be reset:
- ▶ to 14 seconds
  - ▶ to 24 seconds
- 8) A1 attempts a shot for a field goal. The ball lodges between the rim and the backboard. The possession arrow favors team A. The shot clock shows 8 seconds. The game shall be resumed with:
- ▶ A team A throw-in from the endline next to the backboard. The shot clock shall be reset to 14 seconds.
  - ▶ A team A throw-in from the endline next to the blackboard. The shot clock will continue from 8 seconds
  - ▶ A team A throw-in from the place where shot started. The shot clock shall be reset to 14 seconds
- 9) While the game clock is running, A1 gains new possession of the ball on the playing court in the frontcourt. Team A shall have:
- ▶ 14 seconds on the shot clock
  - ▶ 24 seconds on the shot clock
- 10) In the first quarter, A1 is awarded a throw-in from his frontcourt. While A1 is holding the ball, B1 crosses (with his arm/s) the plane

of the boundary line, with 19 seconds on the shot clock. This is B1's violation. A1 shall be re-awarded a throw-in. Team A shall have:

- ▶ 14 seconds on the shot clock
- ▶ 19 seconds on the shot clock
- ▶ 24 seconds on the shot clock.



#### ANSWERS

- 1) 14 seconds on the shot clock—OBRI 29/50-63
- 2) Shot clock violation. The ball did not touch the rim and then there was no immediate and clear control of the ball by the opponents—OBRI 29/50-2
- 3) Shot clock violation. Team B did not gain immediate and clear control of the ball—OBRI 29/50-5
- 4) Team B shall have a new shot clock period of 24 seconds—OBRI 29/50-11
- 5) A team A throw-in with 5 seconds on the shot clock—OBRI 29/50-17
- 6) Counts A1's goal and resumes the game with a team A throw-in from the place nearest to where the foul was called, with 14 seconds on the shot clock—OBRI 29/50-28
- 7) to 14 seconds—OBRI 29/50-34
- 8) A team A throw-in from the endline next to the backboard. The shot clock shall be reset to 14 seconds—OBRI 29/50-43
- 9) 24 seconds on the shot clock—OBRI 29/50-48
- 10) 19 seconds on the shot clock—OBRI 29/50-63

OBR = Official Basketball Rule

OBRI = Official Basketball Rule Interpretation

# THE POST-COVID-19: “RETURN OF INSPIRATION”

“DOUBLE BOTTOM LINE” MENTALITY WILL DRIVE SHORT- & LONG-TERM GROWTH



Savvy sports executives know there's one stat that matters most in every external initiative: **return on investment**. For the teams and leagues we have worked with around the globe, ROI is part of the universal language we all measure success by.

In a post-COVID world, however, adaptable sports executives will be wise to embrace a new parallel to ROI and layer on a focus for **“Return on Inspiration”**. Those teams and leagues that can look to inspire their fans during this time and upon the return will be rewarded for years to come for the positive impact they had on their communities and fans during such a tumultuous time in the world.

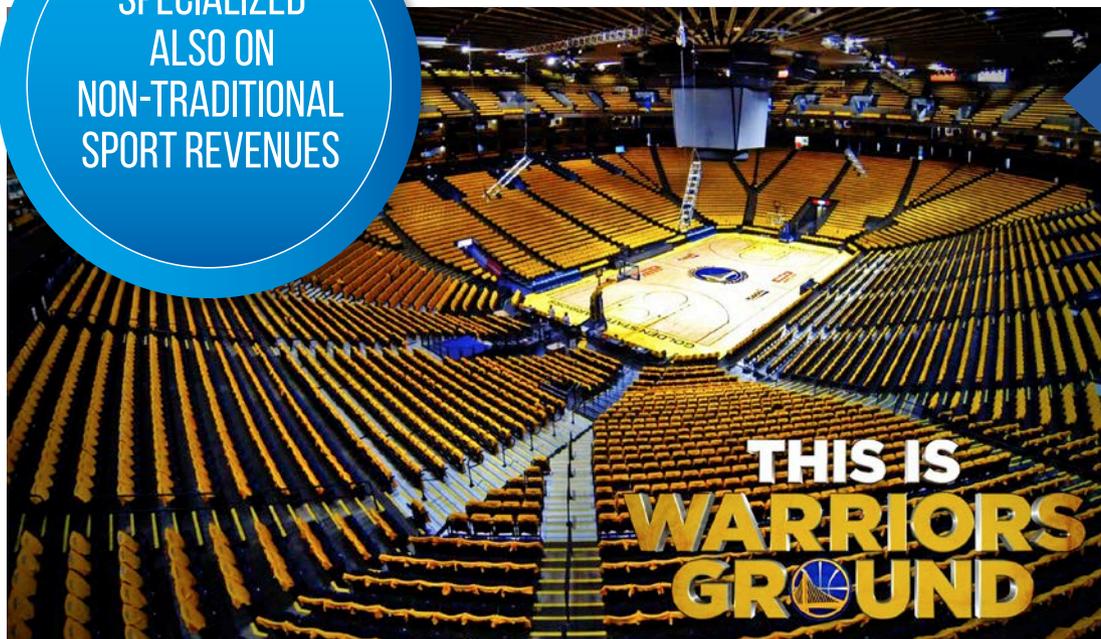
Looking to generate both a Return on Inspiration and a Return on Investment is something we've referred to at 4FRONT, our agency, as the **“Double Bottom Line”** and it's never a more relevant strategy than it is right now.

## GROWTH MINDSET

In a pre-COVID world, many in sport operate with a fixed mindset based on the cycle of the sports calendar. Each month's focus is pre-determined with action items and weekly meetings set our agendas without much movement for ideation or innovation. As we adopt to ever-changing calendars and schedules, sports executives that are best prepared for the return are those that embrace a growth mindset and focus on new ways of doing even the simplest of initiatives. When I was Vice President of Creative Partnerships for the MLB San Diego Padres, I had the pleasure of working alongside current NFL Cleveland Browns Chief Strategy Officer Paul DePodesta and he would routinely ask, **“If we had to do it all over again, what would we do differently and why?”**

I didn't realize it at the time but Paul's perspective

SPECIALIZED  
ALSO ON  
NON-TRADITIONAL  
SPORT REVENUES



NBA Golden State Warriors launched on their web site a video section "Know the facts" for suggesting how the fans can prevent the spread of the virus

on continuing to challenge the status quo defines what it means to have a growth mindset and breaking the chain of our routines and seeking areas of growth is more valuable than ever before.

A perfect example of this growth mindset is from our client the NBA Oklahoma City Thunder. They recognized a growth mindset requires an inspirational focus to their internal staff. Will Syring, the team's Vice President of Corporate Partnerships, recruited Chris Gardner, (a USA entrepreneur, who inspired the movie with Will Smith, editor's note), the inspiration for the film "The Pursuit of Happyness" to talk with the staff about the importance of a positive can-do attitude in the face of adversity.

### DISCIPLINED SPRINT

How many times have you heard a colleague say: "It's a marathon, not a sprint?" The reality is in a COVID-world, it more accurate to define the pace as a "disciplined sprint." The speed of decision-maker is faster than ever and the stakes have never been higher. Staying focused on short- and long-term goals requires discipline like never before.

We focuses on teaching teams to understand that Innovation is all about selection. It's not about just creating breakthrough ideas but instead about what is the right idea, at the right time to create the right result for the needs of the business. Experience has taught us this requires discipline to not just think big for the sake of innovation but to aspire to do something that's nev-

er been before that generates business results.

Our partner Minor League Baseball (*it is a hierarchy of professional baseball leagues in the Americas that compete at levels below Major League Baseball, MLB, and provide opportunities for players development and a way to prepare for the major leagues, editor's note*) provides a map for this process in how they reimagined their season's opening weekend after it was postponed and re-positioned it as #MiLBatHomeOpener (the start of the season, editor's note) using 4FRONT's 4-key ingredients to a big idea:

**1. Stand For Something:** MiLB is all about the fans. Regardless of games being played, we are committed to bring fun, hope and smiles to our fans.

**2. Take a Risk:** In a matter of days, MiLB developed and executed an unprecedented day filled with 9 hours/innings (inning is the basic unit of play, consisting of two halves or frames, the "top" - first half - and the "bottom" - second half- editor's note), of content and experiences for fans of all ages, including:

- ▶ Features with team executives and mascots
- ▶ Dedicated kids programming
- ▶ Partner and community spotlights
- ▶ MiLB apparel hour with exclusive giveaways
- ▶ Streams of notable games and player spotlights

In addition, MiLB took some fun, creative programming risks that they knew fans would love – weaving in the National Anthem (to start the day), the 7th inning stretch, and a postgame fireworks show.

**3. Tell a Story:** MiLB creatively integrated its valued

HOME #MiLBAtHomeOpener	
LINEUP CARD	
APRIL 9, 2020	
1	10-11 a.m. EDT #MiLBAtHomeOpener CEREMONIES
2	11 a.m.-12 p.m. EDT MILB KIDS ZONE 
3	12-1 p.m. EDT MILB THE ROAD TO THE SHOW 
4	1-2 p.m. EDT MILB LUNCH BITES  
5	2-3 p.m. EDT MILB COMMUNITY CELEBRATION
6	3-4 p.m. EDT MILB IS FUN!
7	4-5 p.m. EDT MILB FAN APPAREL Seventh-Inning Stretch 
8	5-6 p.m. EDT MILB HAPPY HOUR (Best of Series) 
9	6-9 p.m. EDT 2019 MILB SEASON REWIND  Postgame Fireworks



corporate partners into the programming throughout the day. The league partnered with Applegate (*a natural and organic meat company, editor's note*) and Stouffer's (a ready dishes Company, editor's note) around its MiLB "Lunch Bites hour", integrated "Guardian Protection" (*a protection tools and devices company, editor's note*) into Kids Zone Hour", showcased Nationwide's MiLB: "The Road to the Show" content series, and partnered with ECHO Tools (*a garden and forestry portable tools, editor's note*) and others on giveaways and more.

**4. Own a Moment in Time:**

- ▶ #2 trending topic on Twitter in the United States
- ▶ 4M+ impressions across league and team channels (reaching total audience of 78M+)
- ▶ 333% increase in total engagements on Twitter vs. 2019 MiLB Opening Night
- ▶ National coverage in AdWeek, Yahoo! Finance, SportTechie, Market Watch
- ▶ #2 national campaign in MiLB history (earned media)

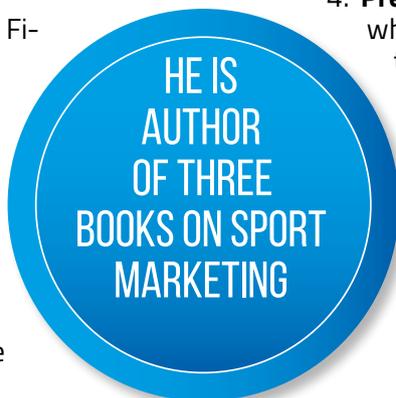
**NEW PLAYBOOK**

Each and every team executives around the world recognizes the need to evolve their marketing playbook. The challenge is to find the right voice to stay relevant and lay a foundation for the

future. Based on 4FRONT's work with NBA, NFL and NCAA teams, the framework for team executives to localize their strategy from today until the return can be summarized with these four focus areas:

1. **Unite the Community and Inspire:** Be on the front lines to find creative ways to bring positivity to the local community and your fans in this moment in time.
2. **Create Smiles and Remove Fear Through Surprise and Delight Experiences:** Just like on a gameday, create opportunities to bring joy to your die-hard fans and attract new ones.
3. **Embrace New Media and Technology to Connect with Fans:** People are on their devices like never before and find new ways to engage with them digitally.
4. **Prepare for the Return:** It's not if, but when we return and prepare for the return by standing for something, taking a risk, telling a story and planning for what will be a landmark moment for you and your fans.

A perfect example of this is the NBA Golden State Warriors, who stood for being an educational resource for their fans with a "Know the Facts" section on their Web site. The Warriors brilliantly created infor-



## TIDBITS

He advised and worked for the USA leagues NBA, NFL, MLB, MLS, as well as NCAA and the Cricket Australia and New Zealand Rugby.

He lives in Denver with his wife Kate and two children William and Charlotte.



NBA Oklahoma City Thunder recruited Chris Gardner, who inspire the film with Will Smith, for talking with their staff on the positive attitude

The 4front staff



mational videos to highlight ways that fans can help prevent the spread of the virus and help be teammates to unite their community.

Regardless of sport or geography, our roles as sports executives mean something more today than they did a year ago and that accountability will only increase in the months to come. The savviest sports organizations will evolve their successes around a "Double Bottom Line" through adapting a growth mindset to seek new innovative ideas. In doing so, they will create ideas that have never been before leaving them, their sponsors and their fans beyond prepared for the return.



[www.team4front.com](http://www.team4front.com)



<https://www.facebook.com/Team4Front/>

## CAREER

2005 - 2010  
CO-OWNER MILB FORT MEYERS MIRACLE

2008 - 2009  
NORTHWESTERN UNIVERSITY  
DIRECTOR GRADUATE SCHOOL OF SPORT

2009 - 2011  
MLB SAN DIEGO PADRES  
VICE PRESIDENT CREATIVE PARTNERSHIP

2007 - PRESENT  
CO-FOUNDER & CHIEF INNOVATION OFFICER 4FRONT AGENCY

# A UNIQUE FACILITY THAT ALLOWS A SAFER RETURN TO WORK

## VALENCIA BASKET COMMUNICATION DEPARTMENT

**T**he players of Valencia Basket's men's and women's professional teams have not stopped working individually at their homes in recent weeks, adhering to the philosophy that "#EstONo tiene que PARAR" (*This does not have to stop*). But this May the players of the first men's team were able to meet again at the facilities of L'Alqueria del Basket. And they did so to begin introducing the physical controls needed as the first step towards the return of the individual work of shooting on the court, with all the proper sanitary guarantees.

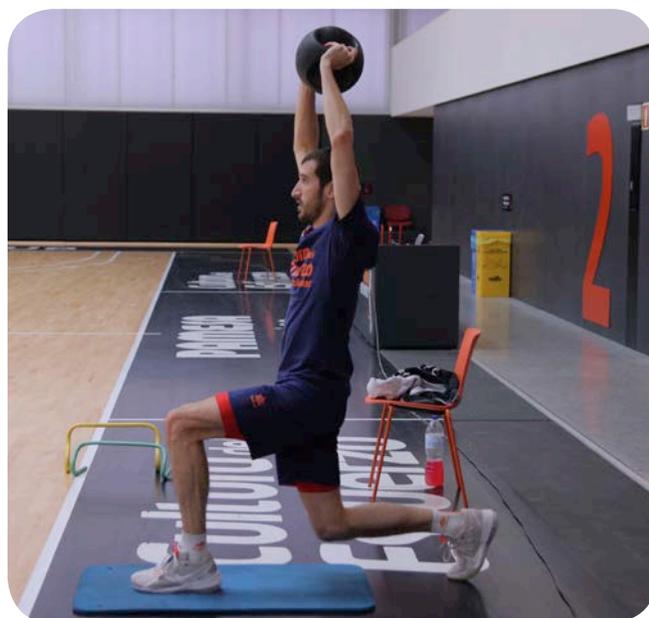
The players of the first male squad, individually and staggered, gradually began to work again at L'Alqueria del Basket—but always with the same sanitary guarantees. This first step, as one would entirely expect

from L'Alqueria, was carried out strictly according to protocol.

First and foremost, the players of the first male squad underwent all the necessary tests and analyses called for by the competent authority (Ministry of Health) and met their own preseason requirements. In addition:

- ▶ The entire stay of the players was supervised by the Club's medical services,
- ▶ The players had their temperatures taken upon arrival at the venue,
- ▶ Hand sanitizers (hydroalcoholic gel), masks and gloves were at their disposition and used appropriately,
- ▶ Each one had a different wardrobe for their exclusive use.





After completing the physical and medical tests, the players were able to regain the sensation of shooting on the basket with the first individual practice sessions. These were conducted according to the strictest guidelines that only a facility such as L'Alqueria del Basket, with its nine indoor and four outdoor courts and their respective changing rooms, allows.

The floor, baskets and boards are cleaned and disinfected before the first and after each track work session. Each hoop has a ball shooting machine. Each player uses the materials (balls, mats, cones, etc.) exclusively, and

at the end of each training session takes them directly to his assigned locker room, where all the items he has used during training are disinfected. A deep cleaning of the locker room itself is also carried out once the player leaves it. The benches of the courts are replaced by single chairs and the coaches give their directions, always employing safe distancing guidance and wearing a mask and gloves. In addition, L'Alqueria del Basket has an air recycling system that is activated 24 hours a day.

In this way, the house of European basketball training demonstrates once again that its characteristics make it uniquely qualified to be an example of #EstONotienequePARAR (*This does not have to stop*) and that this objective can be achieved with the maximum possible security. The trainings will evolve and adapt according to the phases of the de-escalation plan that the Valencian province is initiating, but at L'Alqueria there will always be a protocol in place so that its facilities and resources both meet and even exceed all the necessary safety regulations.

Over the first few weeks of work, the same Valencia Basket first-team players thanked the management team/directors for the effort made at the facility and recognized that it is the ideal venue for a progressive return to normalcy. "It is perfect for this," said the point guard Quino Colom, referring to how the size of the facility (more than 15,000m<sup>2</sup>) eliminates any barrier that could be visualized when resuming training. Once again, L'Alqueria meets the challenge and overcomes all difficulties!



### A GLOBAL TRAINING OF COACHES

The training of coaches that is organized from the house of European basketball training continues to grow. Far from stopping, the facility has taken advantage of these days to extend the scope of its open days, supported by Bankia, and has managed to transcend European borders to consolidate an even wider network of coaches who exchange knowledge and means of improving and maintaining their professional standards at this time.

The data do not deceive. After holding the first four open training days, the Valencia Basket YouTube channel has multiplied its audience. Starting with Jaime Ponsarnau and continuing with Borja Comenge, Rubén Burgos, Pau Alcácer and Juan Maroto, the talks have

attracted an average of 321 simultaneous viewers, reaching their maximum with 429 views of Ponsarnau and 2,892 average views. And that is not all: the conferences have been followed by viewers from 15 different countries in addition to Spain, with representation on three continents. European countries such as Italy, Germany and Portugal are joined by several Americans such as the US, Mexico and special follow-up in South America, as well as Africans, such as Angola and Cape Verde.

**Subscribe to the next clinics:**

 <https://alqueriadelbasket.com/?r=clinics/clinics&idoma=cas>

### BASKETBALL AT THE ALQUERIA DOES NOT STOP

The members of the house of European basketball training know that as part of #EstoPasará, L'Alqueria del Basket does not stop. We are continuing to work to stay on course and be level facing when the time comes to return fully to life as we know it. In that spirit, the largest basketball facility in Europe has linked to the #EstoNOtienequePARAR movement.

As announced this week, L'Alqueria del Basket is keeping its 51 teams and more than 600 people active with great effort and constant contact through different tools, such as virtual meetings, web platforms, specific plans, documents and links about our sport. All the departments of L'Alqueria del Basket are maintaining their activity, supervising the evolution of the players and keeping the values of the Culture of Effort very much alive.

 <https://www.youtube.com/watch?v=ZSlzhWVIFrs>



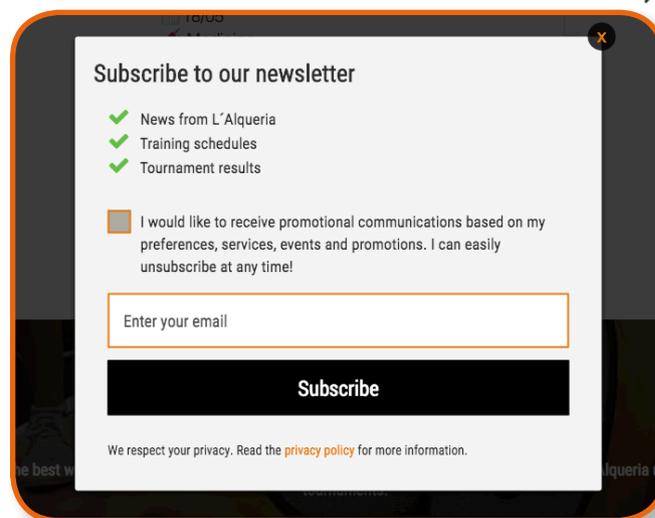
## NEW WEEKLY NEWSLETTER

L'Alqueria del Basket remains active for when things change. The house of European basketball training is a hub of constant activity these days with different digital tools, telematic meetings, work plans and an extensive amount of material related to our sport.

For this reason, and with the idea that "this does not stop" and in an effort to keep all those who require information on the largest basketball facility in Europe informed, L'Alqueria del Basket is launching a new weekly newsletter to collect and communicate updates and milestones of the work carried out by the Cantera and the Valencia Basket School.

### SUBSCRIPTION LINK:

<https://alqueriadelbasket.com/#newsletter>



## L'ALQUERIA LEARNS FROM THE STARS

The Club has launched another new initiative with the belief that the training categories are fed by the experience and example of professional players. Now, some online talks are taking place via the Valencia Basket YouTube channel, through which L'Alqueria is able to explore the more personal side, and the more tactical aspects of players' experience as per your references. Fernando San Emeterio, Anna Gómez and Guillem Vives were the first to share knowledge and experiences with the members of the European basketball training house.



<https://alqueriadelbasket.com/?r=noticias/vistaunica&id=353&idioma=cas>

## THE PROFESSIONALS OF L'ALQUERIA AT YOUR SERVICE

The installation's professionals are putting their experience at your service in various videos that will help you to continue to improve your training - to never stop learning.

<https://alqueriadelbasket.com/?r=noticias/vistaunica&id=344&idioma=cas>



## RENTAL OF THE COURT

Eight the court of the facility are open to all audiences. Our website has a rental service with the aim that any team, group, school or organization can make use of them. Some of the most common formulas are usually training or games, both friendly and official.

## CAMPS

The most recurring activity on our courts are the basketball camps, especially during holiday periods.

Children and young people have the opportunity to use their free time to improve individually and collectively in a relaxed environment with peers of their age. The Valencia Basket Camps in Easter, Christmas, and summer, the School of Female Technical Improvement, the Shooting Academy or the Skills Camp are some of the already consolidated camps.

## CAMPS AND CLINICS ABROAD

House of European Youth Basketball: L'Alqueria del Basket has become an international model, which has already overcome Spanish barriers. Our coaches have already shared the way of working basketball training in various countries. Last summer, with the help of the company Assist Basketball, Australia already lived this experience, as well as the Worcester Camp, for the fifth year in the UK. Training, clinics, talks... The Alqueria model reaches everywhere.

## SCHOOLS

The little ones also have their space in L'Alqueria del Basket. The schools that house the facilities become the perfect occasion for them to have their first contact with basketball in Easter, Christmas, and summer, while playing, learning, having fun with other children.

## PRE-SEASON AND PRE TOURNAMENT PRACTICES

National or club's teams can choose L'Alqueria del Basket as a place for their pre-tournament and pre-season practices. For example, the facilities hosted the Spanish women's basketball team for some days just before competing in the FIBA Women's Basketball World Cup in 2018.

## TOURNAMENTS

The amount of courts and the variety of services offered by our facility allow to host any type of first level youth tournament. To date, L'Alqueria del Basket has been chosen to compete in the previous phase of the Endesa Mini Cup, the Adidas Next Generation Tournament, the Valencia Basket Cup or the Spanish Women's Cadet Championship among others.



## EVENTS

L'Alqueria del Basket is not just a place for basketball. The wide spaces of the courts and the available rooms make it an ideal space for companies or organizations to host events of any kind. The presentation of the Giant Awards, the Marketing Meeting of the Valencia Basket, the presentation of the FER Project, several live radio programs... A wide variety of possibilities.

## VISITS

Many schools, teams and individuals can discover every corner of L'Alqueria del Basket thanks to the organized visits offered by the facility. The thirteen courts, the gym, the medical and physiotherapy rooms or the Innovation Room are some of the most relevant locations of the largest basketball house in Europe.

## CLINICS

The philosophy of the steady improvement in L'Alqueria del Basket is not only for the players, but also for the coaches. The facility hosts from open training days such as the Raúl Jiménez Memorial or the Valencia Basket coaches' talks, to professional courses such as Procoach, which has brought world-class coaches to share their knowledge and experiences.



## PRESEASON

The final stretch of the summer is a good time to prepare the new season. Some American Universities such as Central Florida, Georgetown and Louisiana, among others, have chosen L'Alqueria del Basket as one of their stops to train and play friendly games during their preseason tours. Another event that we are used to is that one of Europrobasket, a program involving players from different countries, who practice for several weeks together for the new season under the supervision of a coaching staff.



## INDIVIDUAL WORK

Many players prefer to work alone, especially in the summer season, and choose L'Alqueria del Basket to carry out their set-up for the new championship. We have some examples with the Valencian player Ana Suárez, the Virtus player Angela Salvadores, the Spanish international María Araujo or Jad Khalil, a Lebanese international.

*L'Alqueria del Basket is a basketball generating center, which also aims to become a benchmark for innovation in our sport. To this end, the installation is in a process of constant improvement, open to new ideas and projects. You can find all the information about the installation and you can contact us by our web site:*

[www.alqueriadelbasket.com](http://www.alqueriadelbasket.com)

# THE BASKIN REFEREE

WITH NO REFEREE, NO GAME



**T**he baskin referee is a foundational figure and resource for this new sport. On the hand, baskin is like all other sports in that you can't play without a referee!

But, the baskin referee in coming to the gym to referee a game, is able to impact a large number of people in ways quite different from other refs. The baskin referee helps people with different frailties have an experience that they would otherwise never be able to enjoy: playing together and being decisive for their team, socializing with people with different abilities and changing one's daily routine.

Referees always try to remember this important aspect when they are appointed because they realize that not showing up to referee, means that the game is not played and consequently, that leaves about 40 people among players, coaches and managers in difficulty. This number does not even take in to account the parents, relatives, and friends, as well as all the other spectators who, without the contest's being played, find themselves displaced. Of course, the baskin referee's knowledge is extensive

and must encompass all the rules of baskin, as well as all the rules of basketball. Remember that all the rules of basketball apply to those playing the 5 role in baskin; then there remain all the many rules that specifically apply to baskin.

For this purpose, training courses are organized to allow learning the rules and how to be on the court; clearly, those coming from the basketball world have a slight advantage in learning and expanding their knowledge, but all referees in addition to former basketball referees are invited to accept the baskin philosophy that differs from that of basketball and try to get involved.

What poses the major difference in the game of baskin from traditional basketball is that there are lateral baskets at mid-court with protected areas, where role players 1 and 2 are stationed. Therefore, the movements on the court are different from those typical of basketball: there is the attack and consequent defense of the traditional basket as well as of the two facing each other at mid-court.

For this reason, the referee's positioning on the court is very important in order to be able to evaluate game sit-

uations and to observe all contact between players. It is also important to keep the level of concentration high, with a consistent assessment meter and to be sure to treat all the players on the field and the viewing public with respect throughout the game.

In training referees, an attempt is made to communicate a "solidarity" refereeing philosophy from all points of view between the referees on the court with each other and with the court officials at the table, the players, coaches and managers involved. The presence of at least two referees is always necessary, but we are already successfully experimenting with internal refereeing, especially in the finals stages of the local championships and always in the national finals.

The referees must understand their responsibility as both honor and burden in contributing to the creation of a "benevolent climate" that must be established in every game by cultivating a spirit that has as its main components: humility, availability, respect, patience, solidarity, mutual aid and cohesion. The right refereeing philosophy is not one of despots on the court only concerned about maintaining their position as equal to that of the players. Instead, it is one where the referees are being asked to convey the idea that the referee can help the players to express themselves at the top of their game—to reach their potential—and this is one of their main tasks, in

compliance with the rules.

Yet, being respected by players cannot be the primary purpose of the basket referee, even if indispensable. Nor should an attitude be tolerated that is linked to the desire to stand out as a protagonist and/or be in competition with another referee. Being a basket referee must be a pleasure and not a constraint; it is desirable to referee with a smile and transmit this smile to the protagonists on the court and to those in the stands!!!



<https://baskin.it/>



MEMBER OF  
BASKIN  
ASSOCIATION  
SOUTHERN LOMBARDY  
TERRITORIAL SECTION  
COORDINATOR

# PREPARING TO CHANGE

THE PLAYERS WELLBEING IS THE MORE IMPORTANT ASPECT



**T**he news and talk over the last few months has been about the awful virus and its toll on everyone, individuals, families, friends, groups, towns, cities, countries. There is the greater impact on businesses and services. Sport, our daily fix and escape, be it a player, a participant or a fan has come to a stop and created a big void. In the context of the virus and its effects, sport may not be vital but it is important for engagement, health and wellbeing and for mental health. The priority is supporting the individual where routines, teamwork and contact have completely changed.

All sports and activities have relevance and all are facing future challenges and different or changed ways of working. This is the case with wheelchair basketball and all coaches, clubs and nations will be working on planning a return to training and playing. That will be directed by the relevant authorities and sports governing bodies

and important they have ownership of this but that they follow advice and guidelines and undertake a thorough risk assessment.

**How has this affected us and what is the plan?**

## PARALYMPIC GAMES (THE GAMES)

The Games have been postponed to similar dates but a year later, 2021. This has a variety of implications:

- Players preparing for the Games this year will not have a meaningful purpose – see Players below.
- There may be added financial and organizational burden on the host nation with infrastructure already completed, not being used and the costs of maintaining those.
- The spectators who will have booked travel and accommodation in advance and have to rearrange
- The qualified nations having to rearrange their planning and consider budgets, players and selection.





## ZONAL QUALIFYING GAMES

- The Zonal Games take place in the years between the Games and the World Championships – 2021, 2023.
- This means we will have the Games in 2021 as well as the Zonal Games which will be for qualification for the World Championships in 2022.
- Additional commitment on the players with two major events in one year and resuming the league program.
- The pressure of meeting stakeholder targets at the Games and qualifying for the next major at the Zonal Qualifying Games.
- Staffing and financial implications on the nations involved, not only in participating but preparing and even hosting.

## NATIONAL GOVERNING BODIES

- ▶ All NGBs will be reconsidering their plans and planning

### This includes:

- ▶ Budget planning where funds were allocated to this year and may not be available next year.
- ▶ Planning for preparation (Warm up) games, which will not be possible until next summer and even then with precise procedures in place.
- ▶ Ensuring the health and wellbeing of all staff, that all staff remain in place or all staff positions are covered and plan for any changes.
- ▶ All staff remain engaged during this period and are individually and collectively working on return to training and playing plans.
- ▶ Using this time to continue professional development of staff, individual and group.
- ▶ Use the opportunity to undertake particular or specific projects or research.

- Virtual meetings are regular and the norm. It is a way of maintaining contact and supporting staff and players and managing work programs. The new way of working and increased demand has led to more services and service providers of this nature. It will become a standard way of working and even coaching and the benefits will come by incorporating it into some areas of work.
- We are driven and bound by processes, essential for the health and wellbeing of our people and the sport and look to our NGB's for leadership. Their roles and responsibilities will have greater urgency and impact in the future.

## COACHES AND COACHING

- Team coaching is personal and requires emotion, presence, analysis and feedback and is limited when presence is not possible. However, the current circumstances require us to change and progress our way of working and virtual coaching is an option. Individual sports already use remote coaching where travel and presence is not possible, or resources are limited and make it work.
- Coaches workloads are varied and expansive – analysis, planning coaching and the program, technical and tactical delivery, review, competition preparation, player and staff management, selection, admin and report writing, supporting stakeholders and sponsors, balancing commitment and work/life.
- Currently, player support is essential. While players are involved in national leagues, they have their commitments and support networks, weekly club training and league games. National team coaches will follow league games, observe and analyze players and performances and provide feedback provided there is a good relationship between player and coach.
- During national team training camps, the above league analysis and observation becomes more relevant. This is where coaches can identify a player's strengths and encourage those and their development areas and provide technical and tactical feedback to work on.
- A player's role and responsibility at club may differ to that with the national team and being clear on the team's playing principles will enable players to adjust to styles and systems and roles easier.
- The last point is also relevant where a player may be a starter and play extended minutes in club games but be a bench player with reduced minutes in the national team or have 'impact' minutes roles. The coaches collaboration with the players and team and



the role of the team captain will create player and team understanding.

- Where coaches are “working in the moment”, the current situation with reduced or no contact has given coaches the time and the break that is always needed to review individual players and team performances.
- This leads to a planning process. Subject to guidance and restrictions, there will be a return, at some stage. What this looks like is not clear but planning for that is essential. The current restrictions may be delayed and coaches and program staff have to decide how to continue to support in all areas – health and well-being as priority, technical, tactical, physical.

If there is an easing of restrictions and some return is permitted, how do we make use of that. Individual training but managed as players will not have been on the court for more than 2 months; groups training within agreed guidelines and ensuring the players and coaches are not placed at any risk. Return to full training as a club or national team and managing that in a contact environment where there has been none for a few months.

- The likelihood is the club league season will resume

before any national team training. If the national team program has a tried and tested structure, they should be in dialogue with the individual player and club coaches to support the player’s periodized return to training and playing.

- Most players will have been undertaking a club or national team prepared training program. With the ‘stay at home’ policy, this will be constrained (reduced space) and will mainly comprise strength work, circuit based sessions and mobility work. Certainly good for fitness but not all basketball relevant. Certainly training and skills the players would be doing as part of the basketball player preparation but to be doing this only will create different physical skills sets that need to be managed. In wheelchair basketball, the player’s primary skills are the ability to push at various speeds, stop/start and change direction, take impact, ball handle and shoot. None of these are necessarily being trained unless the player has space to do so. However, the player maintaining a level of fitness will be of benefit when they return to training?
- With the Games postponed, as with players below, what of the coaches that may have been considering



this as their last cycle before a change and the co-coaches looking to step up? Will the momentum continue with the uncertainty.

## THE PLAYERS

- All athletes train for a purpose and want 'meaningful' preparation whether for a league game, a preparation competition or a tournament.
- The current individual, isolated, constrained training is for maintenance and with no definitive return timelines or leagues restart, the players will see this as not meaningful
- There is an obvious change in motivation. Maintaining contact, engaging in virtual challenges and activities, reviewing training plans and being collaborative helps in keeping the players in touch with the program.
- The impact of social media has increased and widened and seems to be more positive in interactions and relationship building. They are willing to share more of their own stories and how they are managing through various means.
- More athletes are involved in local and other environmental matters and support and in giving their time

and using their experience in providing mentoring support.

- The postponement of the Games creates numerous challenges that have to be managed carefully
- ▶ As above, the purpose of meaningful preparation this year has been removed. Players will now need to be motivated to prepare for the coming league season and be ready when the time comes.
- ▶ We will have a double competition event next year and the league season 2020-21/2021-22. Player wellbeing becomes more important with the pressure to achieve in all of these
- ▶ The players will be grateful for the break but this has not been of their choosing. The players have a heavy program with little rest, going from league pre-season into the league season, end of league season into national team training program and international competition, short break then league pre-season and the cycle continues.
- ▶ This will be more challenging with a likely late start to the league season this year
- ▶ Then what of the players approaching the end of their international careers and those that have worked hard in preparing to start theirs after the Games?
- ▶ Will the former place their future career plans on hold and continue to train and prepare but with greater selection challenges from the latter, the 'starters'?
- ▶ Also, what of the 'starters'? Will they continue to prepare and delay for another year or expect to challenge for selection or consider other options?

Managing the program, the coaches and the athletes will require skill, a collective experienced approach, collaboration with all concerned and all possible support from everyone and everywhere.

We are in unprecedented times with considerable uncertainty ahead. The challenges and changes remain and could be many and varied. Planning for every situation is essential whether there is further delay and extended restrictions, a partial return and an eventual full return. Even then, things may not be the same with the precautions and process that will need to be applied. Those that plan and prepare will be ready when the time comes. Coaches are experienced teachers, mentors, motivators and role models and can help maintain the motivation and momentum.

Health and wellbeing is always the priority.



<https://iwbf.org>

# THE "SLUMS DUNK" PROJECT

## BASKETBALL IS LIFE

I was inspired by a gift from my Argentine aunt: the book "El Despertar del Líder" ("Awakening the Leader Within"), by Kevin Cashman, a true spiritual guide. It was indeed an awakening for me: I started thinking about how I could help those who are less fortunate, and I wrote a proposal for a project which I presented to various organizations around the world; not one responded.

Then, talking one evening at dinner with a friend and fellow basketball player - Tommy Marino, now playing in A2 in Ravenna, Italy - we decided to join forces and make this life experience happen through sports, creating "Slums Dunk" (playing off Slam and replacing it with Slums). Nothing unites us more than sports - which is also an extraordinary teacher of life les-

sons - especially when it is a group discipline like ours: basketball teaches us to share, collaborate and put the common good before the personal good.

In 2011, in Nairobi, the capital of Kenya, we launched our first venture. At the outset, only the children of the most disadvantaged areas were involved in the game, then we understood that a court and a wedged ball were not enough to impact their lives: professionals were needed to provide these young people with personal growth tools, in addition to the technical basketball ones, to fight their many difficult challenges.

So it was that we started working on the idea of building a real Basketball Academy with young coaches trained by us, building courts, and creating projects



that could improve people's lives by 360°, that is: sports, health and education.

We built the first court in the Mathare slum in Nairobi in 2014. It is estimated that 95,000 people live in this slum and 50% of its population is made up of young people under the age of 18, who live in isolation, with limited access to primary services, such as water, electricity, and sanitation. The basketball court we built is the only one in all of Mathare, and it is where there is also a mini basketball school with more than 100 kids. In addition, we support ten informal life skills education schools with the involvement of around 1,000 children under the age of 15.

Over the years we have noticed a marked improvement in quality of life: we have removed the boys

THREE  
ITALIAN A1  
CHAMPIONSHIPS,  
TWO WITH MILAN  
AND ONE WITH  
VENEZIA





THREE  
ITALIAN CUPS,  
TWO WITH MILAN  
AND ONE WITH  
VENEZIA

and girls from the streets and, thanks to the interaction with local non-profit organizations, we have given rise to health and education programs. We also organize seminars with schools regarding sex education, dental hygiene, early pregnancies, and all our little basketball players can take advantage of blood testing services, including for mothers with HIV, just to give a few examples.

Now that we have opened four academies, two in Kenya and two in Zambia and a project started just over a year ago in Argentina, the number of participants in Slums Dunks has risen to almost 5,000 boys and girls.

Excellent results have also appeared on the court. One of our teams won the national Nigerian Under 12 tournament organized by the junior NBA League, and two of our athletes are enjoying a wonderful experience in the United States: they have earned athletic scholarships, made possible by attending the NBA-FIBA Basketball Without Borders camps.





**TIDBITS**

He was born in Bahia Blanca, Argentina, the same city as Manu Ginobili

He loves the sea

He enjoys spending evenings with friends

He is very close to his sister Victoria

In addition to this, another 47 boys and girls received scholarships from private schools in Nairobi. These are boys and girls who, living on one euro per day on average per family, could never afford to continue studying. So, sports create a wonderful opportunity that will bring important changes to the lives of these young people whom we now believe will have a much rosier future.

We are proud to be able to transmit the passion for basketball and to demonstrate, day after day, that sports are a very powerful means of changing the world. Basketball sends positive messages, because it is the free expression of body and soul, and moves the brain together with the

**HE HAS A DUAL CITIZENSHIP, ARGENTINE AND ITALIAN**



## AROUND THE COURT ▶ THE "SLUMS DUNK" PROJECT



muscles; it moves away from bad habits, educates the spirit of sacrifice, and the humility of work, as well as increases mutual respect and resilience.

Yet, it has not been easy to start the Slums Dunk project in countries where one of the only things that unites us is the passion for sports and a common language that "speaks" to the ball and the court. Somehow, we persevere.

### HOW IT WORKS

Slums Dunk camps are divided into two specific sessions. The mornings are reserved for the training of coaches with a program headed by the Italian A1 coaches Michele Carrera, head coach of Pistoia, and Giuseppe di Paolo, assistant coach of Reggio Emilia. Every year, 20-30 coaches are involved in our program, and they train about 200 players, both boys





and girls; everyone is guaranteed food, transportation and playing equipment. This reality engages me twelve months of the year, it does not stop after the two weeks of each year that see us personally involved in the summer camps of

the different countries. Positive work in Slums Dunk continues once we return to Italy, thanks to the commitment of those who have contributed to the training of more than 10,000 young people, determined to find in basketball, each year, an incentive not to let go, and to hope for a better life. There is no greater way to repay this sport for what it has given me in my life.

## CAREER

2008 - 2010  
TERAMO A1

2010 - 2011  
CASALPUSTERLENGO A2

2011 - 2012  
TERAMO A1

2012 - 2013  
VARESE A1

2013-2017  
MILAN A1

2017 - PRESENT  
VENEZIA A1



[www.slumsdunk.org](http://www.slumsdunk.org)



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