



SPORT- AND HEALTH SCIENCES NOTEBOOKS

2nd International Basketball Conference - Multipractice

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MESSAGE FROM THE ORGANISING COMMITTEE

We made a huge milestone in the life of the Methodology Center as we organized the 1st International Basketball Conference in January 13-14, 2022 in Pécs, Hungary. It was a scientific conference with major success, thanks to all the incredible speakers who managed to participate. The Naismith Memorial Basketball Hall of Fame coach Geno Auriemma and FIBA Hall of Fame coach Ettore Messina were absolutely incredible. Having plenty of great feedbacks, we realized that we are on the right path and to respond to the need of the sport world we dared to dream even bigger and organized the 2nd International Basketball Conference at our Center for Basketball Methodology and Education.

To continue the theme of the 1st Conference, the aim of the second Congress entitled "Multipractice" was to narrow down the focus in the Integral High-Performance System to its core element, basketball training: Pre-Formance, Performance and Post-Formance that can best be explained as a fusion of unrivalled practical knowledge and innovative sport science.

Therefore, we decided to invite the most brilliant minds of the game from overseas and Europe to embrace this theme in all its dimensions. Multipractice worships the drastic rise of basketball training over the last quarter century, it masters the characteristics of training, redefines its rules, breaks through some conventional methods, and cumulates the best practices under training innovations. To respond to the feedbacks of the first conference, our goal was also to include more practical sessions beside the plenary presentations.

The audience was impressed by such dignitaries and legends of the international basket-ball community as Nick Nurse, who guided the Raptors to their first NBA championship title, in his first season as an NBA head coach. He was also named 2019-20 NBA Coach of the Year only in his second season as an NBA head coach and Robert "Bob" McMillon, who is the head coach of the Davidson Wildcats men's team in NCAA college basketball. He is considered a pioneer in forming the style of modern basketball. He was the coach of future three-time NBA MVP Stephen Curry. Sports science experts, advisors of ELPA (Euroleague Players Association), such as Prof. Dr. Igor Jukic and Prof. Dr. Julio Calleja-González and the head of FIBA's European Referee Department, Davorin Nakic were also among the outstanding presenters.

Thanks to the tireless work of my colleagues we were able to stage this incredible conference again and together we could achieve our aim:

Whoever comes here can say that I have become more and better than I was yesterday.

Dr. László Rátgéber, PhD, habil.

Master coach

Associate Professor at University of Pécs and at University of Physical Education, Budapest Professional and Strategic Director of National Basketball Academy in Pécs

Director of the Center for Basketball Methodology and Education



MESSAGE FROM THE PLENARY PRESENTERS

Nick Nurse

I see each basketball season as its own challenge, each season tells its own story.

There were a lot of turning points and each step along the way of my career I tried to learn some kind of lesson, and I would set a goal of what to specifically improve on each season as a coach. I was impacted greatly by a number of things: great mentors, head coaching at a young age, travelling the world to coach, studying and researching the game, and trying new “experiments” along the way.

I consider “Multipractice” an important topic for the sport industry. I believe mostly in innovation. It is a challenging question I ask myself every day in this game. Is there a better way to do “this” (fill in the blank on whatever part of the game). Is there a better way to teach a concept so that comprehension is at a maximum? Is there a faster way to teach to speed up the learning process? This coaching and scientific center here – that we would also accept in Toronto – is perfect to find answers for these questions.

I am fortunate to still be involved in coaching FIBA rules as I am the Head Coach for the Canadian Men’s National Team. The biggest difference our NBA players find is the

physicality when driving the basketball. The NBA and FIBA rules differ quite a lot in their interpretation in this area and has to be the biggest change. The 40-minute game also is different and is style of play.

Nick Nurse

Toronto Raptors Head Coach



MESSAGE FROM THE PLENARY PRESENTERS

Robert "Bob" McKillop

Being a coach for 50 years, there have been plenty of terrific wins and heartbreaking losses, so very many. I have been left me with a treasure chest of memories. Every game, no matter the consequence, was a "championship game" for me because it was a step on the journey to be the very best we could become. These experiences have made me a better coach, but, more importantly made me a better person and a better man.

Training and practice should be in an ever evolving state of change and adaption. It's truly fascinating for me to recognize how players themselves "teach" a coach new ways, new ideas, new methods. A smart coach should examine, evaluate, and redefine methods, drills, and even strategies on a daily basis. The fundamental keys of basketball are indispensable, but using these fundamentals as one adapts to the new and evolving teaching processes is equally as vital.

I hope I could excite the audience to understand the power and the influence that they have as coaches, and how they can impact lives. Coaching is a gift! What a coach says to a

player can last a lifetime. Coaching is a sacred profession. It requires intelligence and hard work, yes, but must have honor and integrity as a consistent partner.

Without any doubt, I could say, that this academy has one of the most extraordinary facilities I have seen throughout Europe, this here is a quest for excellence, the best place to develop as a coach, to cultivate talents and build basketball culture.

Robert "Bob" McKillop

Davidson Wildcats Head Coach

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ABSTRACTS OF PLENARY PRESENTATIONS



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LEADERSHIP AND DEVELOPING YOUR COACHING STAFF

Nick Nurse
Head Coach, Toronto Raptors

For basketball leaders, the most important goal is always to achieve victory. The key to win a basketball game is a good defense. The principal components of the defense are the following:

- Ball Pressure
- Gaps
- Shot Contest
- Rebound

Keywords: leadership, open minded, trust, cooperation

Mr. Nurse's coaching philosophy is extremely democratic: 'letting the coaches coach and letting the players lead' he always says. In the life of a team, a lot of problems can arise during a season. To solve these difficulties immediately, it is important that both, player and coach, approach each other honestly and trustingly. Basketball requires a lot of energy; coaches need to be able to energize both the team and their staff. To be open-minded is extremely important. You have to be open for new ideas and find a way to be even better every single day. Many games are decided in the last two minutes. With that in mind, we have to develop a plan that includes solutions for every situation in a tight-end game. As a head coach, you have to try to give your assistant coaches as many different tasks as possible, to give them as much space as possible for their development, because the goal is for them to become head coaches at the highest level one day.

For success, you will need an open mind, to be hungry for new knowledge every day, and not to be afraid of new things. In a team, everyone has to find their role, as a player or a coach. Leaders need to help each member of the team to improve, with building a system and get the whole organization to trust the system. With these arrangements the victories will keep coming.

PRE-FORMANCE: 360° INDIVIDUAL PREPARATION FOR BASKETBALL PRACTICE AND GAME

Prof. Dr. Sc. Igor Jukic,
Sport scientist, advisor of ELPA

Pre-formance are the programs of individual preparation for training that precedes the team warm-up. This preparation is based on the individual needs of the athletes, but also the requirements of the upcoming training/match. Such programs can last from 10–60 min and can be conducted by sports coaches, analysts, strength and conditioning coaches, medical doctors, nutritionists, physiotherapists, and sports psychologists.

In addition to acute effects in preparation for basketball training, pre-formance programs can also accumulate significant chronic effects if they are performed daily throughout the season. By creating a pre-formance culture, players become aware of the importance of taking care of their own health and performance.

Pre-formance programs can have different purposes:

- Injury prevention
- Increase body (core and muscle) temperature
- Metabolic response (VO₂ kinetics)
- Neuromuscular activation (PAP)
- Mental preparation (attention, self confidence)
- Pre-hydratation and nutritive (energetic) preparation

An pre-formance program for particular training has different parts such as:

- Medical exams, body composition measurements, wellness questionnaire
- Physio treatments
- Injury prevention programs
- Strength and conditioning development programs (personal and team programs)
- Nutritive interventions
- Mental preparation and interventions
- Coach-player individual talks
- Basketball drills

PROFESSIONAL SUMMARY OF PLENARY SESSION “MULTIPRACTICE”

Dr. László Rátgéber, PhD, Habil

Master Coach

Associate Professor at University of Pécs and at University of Physical Education, Budapest

Professional and Strategic Director of National Basketball Academy in Pécs

Director of the Center for Basketball Methodology and Education

Ernest Radjen

Master Coach

To continue the lecture from the 1st International Basketball Conference, the aim of the plenary session “Multipractice” was to narrow down the focus in the Integral High-Performance System to its core element, basketball training. László Rátgéber attracted all spectators into his own basketball cognizance which can best be explained as a fusion of unrivalled practical knowledge and innovative sport science.

The plenary session identified where “Multipractice” belongs in the new era of performance routes. Pre-performance, post-performance and extra-performance units are all part of the training circle and are designed to improve the most significant unit, performance. “Multipractice” belongs to performance, it embraces the dramatic evolution of basketball coaching over the past quarter century, mastering the main features of coaching, redefining its rules, breaking through some traditional methods and combining the best of experience with elements of sports science innovation.

A major challenge for basketball coaches is to appropriately prescribe the most effective training program within the performance unit. László Rátgéber offered a deep insight to modern basketball practice plan that can be adapted throughout the basketball season. The practice plan contained (1) Warm up drills, (2) Activation drills, (3) Fast break and transition drills, (4) Cooperation team shooting drills, (5) Main part drills, (6) Shooting competition drills, (7) Individual drills, (8) Special conditioning drills, and (9) Test drills.

To further share this consummate knowledge, László Rátgéber announced that him and fellow master coach Ernest Radjen decided to write a comprehensive basketball drill book in which previously mentioned practice plan is detail-

ly explained and shared. The book which also earned the name “Multipractice” comprehends drills that are selected, proven and verified by these two coaching masterminds. These drills have proven to be efficacious in developing players and teams and have produced prosperous results. Many of the drills are designed to endorse individual player development, which boost team development. According to László Rátgéber focus on minor details, excellent time-management and high intensity are essential components to construct a dynamic practice.

The plenary session offered a lot of practical implications for coaches to advance themselves to become better for their team.

Keywords: training cycle, sport performance unit, Multipractice, modern basketball practice plan

PRE-FORMANCE

Prof. Dr. Julio Calleja-Gonzalez

Sport scientist, Spanish Olympic Committee

Performance in team sports is the expression of a complex, dynamic, interactive, and multidimensional process. In particular, basketball can be described as a moderate-to-long duration exercise including repeated bouts of high-intensity activity interspersed with periods of low to moderate active recovery or passive rest. A match is characterized by repeated explosive activities, such as sprints, jumps, shuffles and rapid changes in direction. In top-level modern basketball, players are frequently required to play consecutive matches with limited time to recover. It is now well-established that optimum recovery after practice or match is a key factor of team sport performance. During season and tournaments, improving recovery could offer an advantage for following performance. As a consequence of the professionalization of different roles in staffs, new particular roles have been developed within the team sports physician core in order to improve recovery protocols. Presently, scientific literature presents a big number of methods used to enhance recovery based on the type of practice, time between session or competitions and equipment and/or staff accessible. These practices, usually used by teams are related to: ergo nutritional, water therapy, massages techniques, stretching compression garments, sleep strategies and psychological implements. Besides, travel fatigue has been recognized by athletes and coaches as a challenging problem that could benefit from practical solutions.

Nowadays, players have to play a lot of matches without enough time to recover among them, therefore the use of well-managed recovery can lead to a competitive advantage. To ensure adequate recovery after any basketball activity (i.e., match or training), it is necessary to know the type of fatigue induced and, if possible, its underlying mechanisms. Despite limited scientific evidence to support their effectiveness in facilitating optimal recovery, certain recovery strategies are commonly utilized in basketball. It is particularly important to optimize recovery because

players spend a much greater proportion of their time recovering than they do in training. Therefore, the main aim of this presentation is to facilitate useful information that may lead to practical application, based on the scientific evidence and applied knowledge specifically in basketball.

CHANGES IN DEFENSIVE PHILOSOPHY AND IN GAME ADJUSTMENTS

Nick Nurse

Head Coach, Toronto Raptors

To be able to prepare the best game plan for the given match, it is essential to make precise scouting. Defense is giving and taking. We always decide to take and give up something. In every system, the most important factor is trust. If the whole team believes in the game plan you build for a game, it will work. We need to try several ways in defense during the season so that we can build our strongest strategy for the playoffs.

Keywords: believe, principles, trust

Defensive key points are 1: Defense is taking and giving. 2: To be good defensively it must be your priority, and you must pay a "daily price". 3: Transition defense and rebounding are by far the most important aspects of having a good defense. 4: Preventing fouling and protecting the rim are the major priorities. 5: Taking away corner three's is the next major priority. 6: Contesting shuts and flushing is essential. 7: Tag and pursue, makes us a better rebounding team. 8: Ball pressure, then contain, it is crucial. 9: Gap defense based on personnel, fake, gap, help, etc. could be decisive factor late in the year. 10: Doing a great job on personnel is a key to our late run. Watching films, editing clips, showing them to players, and making adjustments on how to defend certain players, carries a lot of weight for a successful defense.

You have to know the strengths of each opponent's best players and try to limit them. Most of the time, the changes during the games serve the purpose of changing the rhythm or helping our players who are in fault trouble.

Tactical changes during defense can help to solve some problems in a game. We have to be prepared for every single game and we have to prepare our players for who to face and how to stop them. Furthermore, there are some really solid principles that we demand. Building the foundation of what you really believe in, and taking your players accountable for those, are really what defense is all about.

THE 7 FUNDAMENTAL KEYS OF BASKETBALL

Robert "Bob" McKillop

Head Coach, Davidson Wildcats (NCAA)

In the fast-developing route of basketball a coach is a leader, who has the chance to change the world and the chance to impact lives. To achieve this, the next daily objectives should be followed:

- get better
- have fun
- fight to win
- play to win

To be effective, fundamentals are the key elements of the basketball game. As a team you can stop basketball offensive patterns, but you can't stop basketball principles. Coaches should find fundamentals that are applicable to every situation, offense, and defense (man or zone), late clock, early clock, beginning of the game, end of the game. According to Bob McKillop the 7 fundamental keys of basketball are the followings:

- See: Your head always on the swivel.
- Talk: With your mouth, your eyes, your hands.
- Have an Act: Camouflage but make it look real.
- Be down and Balanced: Low man wins.
- Details: Deliver the little things.
- Flesh to Flesh contact: Contact but with intelligence.
- Finish Everything: Last part of the play must be the strongest.

If you hold the spotlight, your hands are going get burn and that's what players want to do in basketball today. If you move the spotlight around, you don't flare up your hands, and everybody gets in the spotlight. Following basic principles can help every team and can guarantee long term success.

Keywords: coaching, principles, fundamentals

BASKETBALL REFEREE'S ROLE IN MODERN BASKETBALL

DAVORIN NAKIC

FIBA referee manager Europe
Munich, Germany

Even at the lowest levels of competition, rules are required to help manage the sporting environment. The young players on the cities outdoor courts will have rules, who calls the fouls and how do we check the ball are just 2 simple rules which will allow the competition to be played.

In our Arena's, the Basketball Referee is a requirement within our regulations for the game, but they are not the game. Our referees are a service provider, an enabler of the game and for the other members of the game. Our referees' goal is to help create a great environment and event for our customers, the players, coaches and most importantly the spectators.

We work to develop and encourage a synergy with the game's participants, like a team of rowers in a single boat, aligned and striving for the same end success. We demand the highest level of performance in every game. In fact we demand more than that, we demand the highest level of performance and the highest level of fairness in every second of every game and we do this through meticulous training, conditioning, analysis, and applying of the Official Basketball Rules and Interpretations.

For the majority of the Basketball Community the referee is only visible for the 40 minutes of the game, but like an iceberg the visible top is the smallest part. The necessary work, time, effort, skill, and self-discipline required to be able to complete our role, and be the best service providers for the game, is immense.

The elements which Basketball Referees should respect:

1. Basketball Rules and Interpretations
2. Fitness and mental readiness
3. Knowledge about the basketball game
4. Decision making
5. Communication skills
6. Teamwork

7. Fairness, 50:50 approach

All the above bullet points form our educational approach when working with our officials. Each official understands and respects our very high standards and high expectations of them. Their own self-awareness and respect for the game along with the concrete understanding of how the referee's contribution helps create a free-flowing, high energy spectacle for our players, coaches, and fans will continue to be what drives us forward.

BASKETBALL IQ: WINNING STRATEGIES

ROBERT “BOB” MCKILLOP

Head Coach, Davidson Wildcats (NCAA)

You don't have the kind of teams that can win championships every year, that is why is important to figure out what kind of strategy can be used. A specific counterplan that can allow to beat teams that have great players, that is why coaches must break down every little thing in the game, and fight to win every possession.

As a coach, a good masterplan is to figure out how can you put the coach of your opponent into your back pocket, if it happens, the whole team can be in your back pocket, which leads to an angry, out of control coaching behavior. During training sessions teams should simulate everything, repeat everything over and over again so it becomes a habit and the pattern grows into instinct. As a coach you should be playing with the mind of the rival coach, a good team goes into the locker room scoring the last basket, doing different things after timeouts and get offensive rebounds, earning possessions a momentum of the game. The way you finish and the way you start usually is the way you play the game. You must seize every opportunity to steal points. The good blueprint is to teach rules for the players, it is much more difficult to defend because you don't know what's happening. Offensively coaches should have a confidence factor of shooting, they mustn't argue about shot selection, players must earn their license to shoot.

Building winning strategies is bigger than basketball, it is a conceptual mind game. Executing it well can be joyful and it can have a big positive impact on the players.

Keywords: basketball IQ, mind, winning strategies

TEAM BUILDING AND LEADERSHIP

Zoltán Török

President of Sopron Basket

Through the history of the development of Sopron Basket the topics of team building and leadership was presented.

Team building can be divided into five phases as follows:

1. Find a good coach!

The first interview (or perhaps the first three) is a very important part of the search process. This specific interview reveals how the team manager and the coach - together - would react to critical situations that may arise during the season. This tables the two parties the opportunity to enter into a real partnership before the actual common work begins. It is essential that critical situations during the season can be resolved in such a way that the team always comes out stronger and the players do not feel a disadvantaged of any potential conflict.

Discipline, established rules and the identity of the club often face the manager at crossroads. He can let the head coach lead the team away from this path or he can insist strictly on his principles and insist to follow them.

2. Build a good staff around the head coach!

A professionally, morally and medically complex staff is needed which is able to fully serve the team and the head coach on a daily basis. We need to keep up with the rapidly developing sports science, as well as the specialisation of health managers and coaches. The latter is particularly important because almost everyone wants to be a head coach, there is no real honour for professional specialised coaching. There are no people who want to be the best at it, who train themselves in it. It's top requirement to have a highly qualified person who has decades of experience, who is not under the stress of being a head coach and who can give a lot of advice from a bit of an outside perspective.

Staff in all disciplines should be encouraged to train themselves and use modern, sports science tools.

3. Find your core players and create a core team!

A core player is someone who has spent at least 3, but preferably 4 seasons in the club because the experience of belonging to the club, the emotional connection develops then and this is an asset around, is worth building a team, which can be relied on in difficult situations. As long as there is only one core player, there are the legionnaires who will determine the quality of play for the season. With two core players, they reached the Final Four twice. The unexpected Euroleague victory came after the arrival of the third core player. In any team-building process, agreement with the core players is a key step.

4. Find hungry, talented young players!

The challenge is to sign young Hungarians or young Eastern Europeans to ensure a steady supply of talent. In their case, signing a 3-year contract is ideal to give them time to develop. It is priority for coaches to try to get players out of their comfort zone. They should desire to build a career rather than get rich.

5. Look for European and then overseas legionnaires around the world!

It's enough to sign a one-year contract with them because they are older, they have become professionals in a professional team and they're ready to build a career in Europe.

The basic rules of team leadership are that (1) you must always be everywhere, (2) it is important to maintain discipline, and unified rules for everyone, and (3) to develop an identity. The motto and philosophy of the club: "You are here because of your past, but what you do today is what counts!"

OUR PLAYERS AND TEAM HIERARCHY – THE STAR PLAYER IN THE SQUAD

Dr. László Németh, PhD

Former Head Coach of The National Team of England, Great-Britain and Iceland

When we talk about hierarchy, it's usually a pyramid. If a player is outside of the team, he/she is lower down. The less minutes you play, the less obvious contribution you make in public, harder it is for people to see the value what you bring.

The hierarchy in the teams is not written, it's not permanent, but it's exist and it's away from the coach. In terms of ranking players there is a lot of ego in the game of basketball, players need to understand how the team works. If a coach can bring the egos down, and get the players around them in harmony with the pecking order, it makes things a lot easier, which will make the players fall into line. It is always about maturity and accepting the roles, the more the players are not clear about their roles, the more they are driven by their egos. A coach must establish authority, also must earn the trust of the players, otherwise their job can be on the line. Leadership is very important when we mention this topic. First, leadership comes from attitude and training, the way everybody is working, focusing. Basically, the best players usually get the opportunity to be leaders. Leaders are driven by competitiveness, loyalty, dedication, these things shine through over time on a team, and the players usually gravitate to these players. Leadership is not given; everybody has to earn it. As a foreigner the good thing is, that leadership translates across languages, everybody can see that.

People who come in and don't respect that there is an existing hierarchy even if they plan to usurp it, even if they plan to move themselves higher up in the hierarchy is very problematic. You must earn the right to be seen as the top seed, and you do it in a multitude of ways, how you play and how you interact.

Keywords: hierarchy, team, leader

COACHING IS LEADING COACHING IS LIVING

Robert “Bob” McKillop

Head Coach, Davidson Wildcats (NCAA)

Nick Nurse

Head Coach, Toronto Raptors (NBA)

The sense of being able to do more, should always haunt every coach. It always occupies the mind, gives excitement, energy and enthusiasm while preparing for the next battle, for the next game or simply just for the next day. Do we have this passion, enthusiasm, and responsibility? Can we have a methodology how to spread the virus of this to other coaches and players?

The scene in which the coaches are, the joy, the sorrow, the win, the loss is such a dramatic difference to the everyday emotions, they must be able to face the truth regardless what that is. Next then they must be able to lead their team and themselves to the next scenario to handle the truth. Recovery is important for coaches as players, they need to have a way charging their batteries, not only physical ones but the intellectual ones too. Having no fear of weakness, no fear of emotion and having no fear of admitting a mistake is essential. In the life of a coach every day something happens, that energizes them, inspires them, encourages them, and not least motivates them to keep fighting. They are coaches in every aspect of their life, coach as a husband, coach as a father or a mother, coach as a sibling or even coach as a member of the community. This means that they are coaching constantly. While reading a political newspaper, in the eyes of a coach a politician can be seen as a coach too.

The leader is someone who grows through experience, through adversity, through challenge. There is some biographical personal experience that a man or a woman has that nurture and galvanize and cultivate the ability to be a leader.

Keywords: coaching, leader, role

ABSTRACTS OF POSTER PRESENTATIONS



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END GAME ANALYSIS

EXAMINATION OF VICTORY DETERMINANTS IN CRITICAL PERIODS OF BASKETBALL GAMES

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Introduction

During the end game of a basketball match, players have to maintain a high performance on both offense and defense, while coping with physical and mental fatigue. The aim of the present study was to identify statistical indicators, that determine winning in the critical periods of basketball games (4th quarter and overtime).

Methods

We analysed a total number of 252 games from the 2019/2020 regular season of the men's Turkish Airlines Euroleague. We grouped the games based on the difference in scores; difference of 12 points at the most was considered balanced, while difference greater than 12 points was regarded as unbalanced (Gómez et al., 2006; Gómez et al., 2008). Games ending with overtime represented a distinct group. The following possible victory determinant were involved in the analysis: defensive rating, 2 and 3 point field goal efficiency, free throw efficiency, offensive rebound percentage, turnovers per possession (Oliver & Kubatko, 2007). Mixed effects logistic regression was applied to reveal the relationship between chosen statistical indicators and outcome of the game.

Results

In case of those games, where power relations were unchanged during the last period (Group 1 and 2), or the difference enlarged (Group 3), winning teams performed better in defense and field goal efficiency. Additionally, when the fourth quarter was throughout balanced, the importance of offensive rebounds increased (Group 1). However, we did not find any indicators that would determine winning when the difference between the two teams decreased (Group 4) or in overtime periods (Group 5).

Conclusion

In the end game, field goal efficiency is a crucial factor of victory. In the most tense situations, the possibility of second chance points after an offensive rebound are of great importance. Therefore, coaches shall consider modelling end-game fatigue during training to practice technical and tactical skills as well.

RADIAL SHOCK WAVE, ERGON IASTM AND KINETIC FLOSSING COMBINATION IN REHABILITATION OF LATERAL EPYCONDILITIS

Kovačić Igor

PhD student, University of Pécs, Hungary
Faculty of Health Sciences

Lateral epycondiltis (tennis elbow) is a source of pain in the lateral side of the elbow, wich otherwise dominates the clinical examination, associated with weakness ad difficultly in performing an extension of the wrist. The Ergon IASTM (instrument assisted soft tissue mobilisation) technique is performed with ergonomically designed instruments that detects and treat fascial limitations while the Kinetic flossing tecnique involves compression bandages made of elastic rubber bands.

Case study:

Subject: 19 old patient, who plays recreationally tennis.

Problem: pain in the area of the lateral side of the elbow.

Procedure: after taking detailed medical history, examamination was performed - it was found that there was increased local sensitivity in the area of the lateral epicondyle and that Mill's, Cozen's and Maudsley's tests were positive. In order to confirm the diagnostic an ulstrasound examination was performed by radiologist specialist.

Methods

IASTM technique is performed with ergomically designed instruments that detects and treats fascial restrictions, promote faster circulation, and more effecctively treats areas exhibiting tissue fibrosis, chronic inflammation or degeneration.

Radial Shock Wave has a more superficial effect on the tissue and are often used in the treatment of tendon injuries Kinnetic flossing is an inovate techinque that includes compression bandages made of elastic rubber band, the primary goal is to break and "release" the scar caused by trauma, encuarging collagen production.

Results

After 6 weeks of treatment (SW was performed 6 times (once per week); besides that, 12 sessions of Ergon IASTM technique in combination with Kinetic Flossing were carried out, the results were the following: on a VAS scale of pain was 0, mobility was fullfied and all the mentioned tests for the lateral epicondylitis were negative. This was confirmed by the ultra sound control as well.

Conclusion

Regardless of the different treatment options for lateral epicondylitis, they all have the same goal, to reduce pain and improve or restore function. Ergon IASTM and Kinnetic Flossing methods are newer procedures. Applying both techniques are a great example of one of the possible combinations of therapeutic procedures as they confirmed their therapeutic value in this particular treatment. Based on the possibilities, their use is definitely suggested to be adapted by experts.

Keywords: radial shock wave, rehabilitation

BASKETBALL COACHES' OPINION ABOUT THEIR TEACHING DUTIES - A CASE STUDY

Anikó Lukács

Managing director of Rátgéber Basketball Academy

PhD student, Eötvös Loránd University, Faculty of Education and Psychology, Hungary.

Introduction

The state-recognised National Basketball Academy educates players in U15-U23 age groups within the framework of the academy program. The defining professional task for coaches is to form a team from players with different backgrounds based on a unified approach, as well as to educate individual players into competitive athletes. One of the main aspects of coaching is how the coaches define their role in relation to working with players.

Material and methods

The Leadership Scale for Sport (LSS) standardized questionnaire research, with a total of 40 questions measured on a 5-point Likert scale, grouped into 5 topics, looks for the answer to what kind of behaviour coaches consider to be followed during their work. The online, self-completed questionnaire via Google Forms collects the responses of age group coaches of the Rátgéber Basketball Academy.

Results

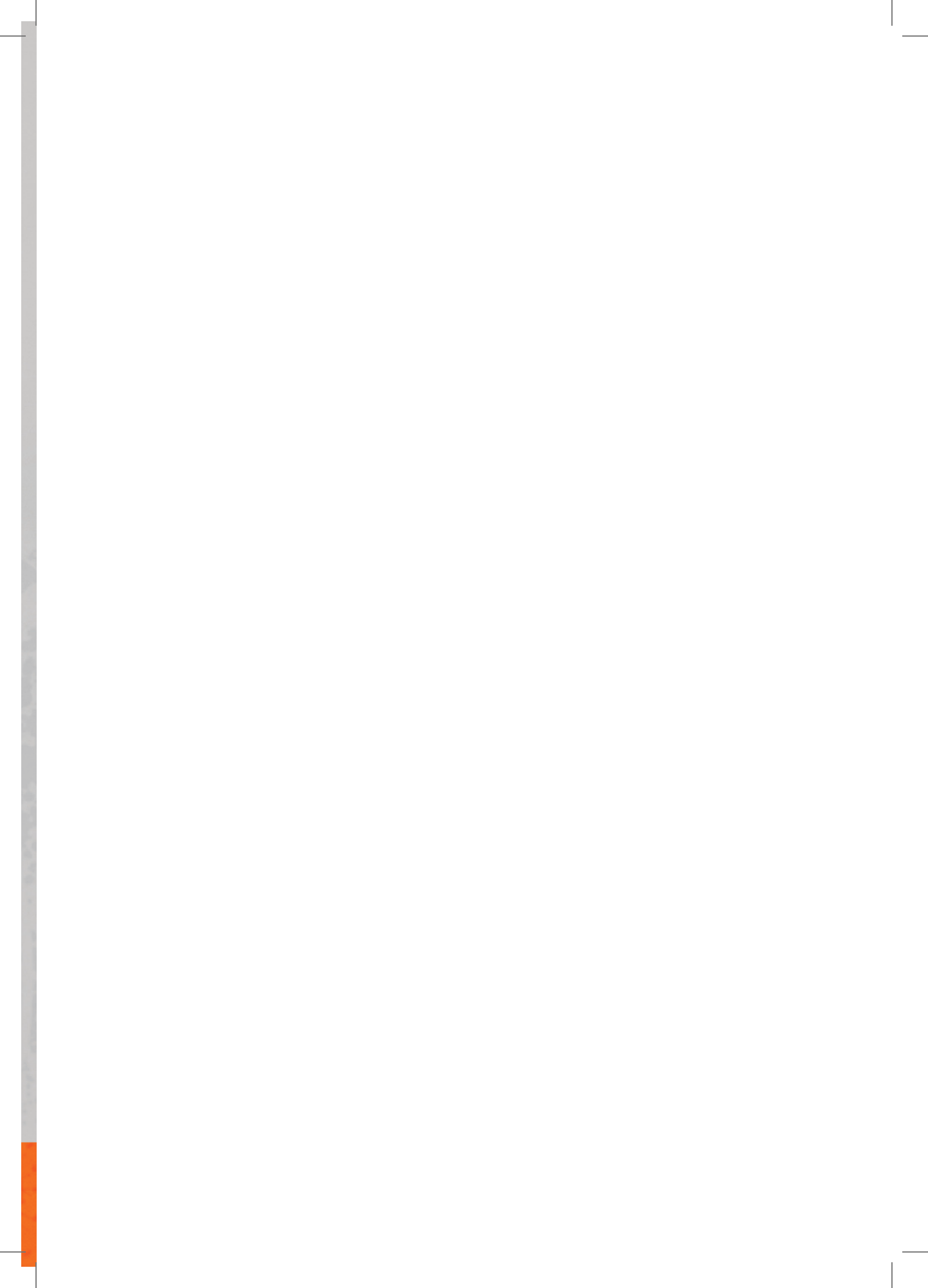
The respondents' opinions about the tasks of coaches are unanimous. But there are already different opinions on whether they deal with the strengths and weaknesses of each player, whether they give specific instructions in a given situation, or whether they explain why a player should do a given situation. Their opinions differ greatly on how much the players are involved in thinking about basketball. They consider it is important to develop a personal relationship with the players. Also important is the feedback given to the players about their performance and the recognition of the coach.

Conclusion

The perception of the coach's role affects the joint work with

the player and the team. However, this work is also shaped by the players' image of a "good coach". It is important to get to know this picture and to compare it with the actual realization.

Keywords: basketball academy, pedagogy, coaching role



Plenary presenters:



Nick Nurse



Toronto Raptors Head Coach

NBA CHAMPION OF THE 2018-2019 SEASON, 2020 NBA COACH OF THE YEAR! Since 2019 head coach of the Canadian Men's National Team. The first coach to reach the top both in the 'precursor' of the NBA, the D-League (2011 and 2013) as well as the NBA. His latest title was achieved on June 13, 2019, after a 4-2 win against the Golden State Warriors. Nick Nurse will present 5 lectures at the Conference!

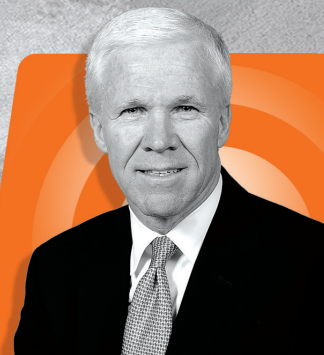


Robert „Bob” McKillop

Davidson Wildcats Head Coach

Bob raised numerous players, the most famous is the three-time NBA MVP Stephen Curry, who revolutionized the basketball. 2022 Bob McKillop completed his 33rd season at the NCAA Atlantic 10 Conference. Davidson Wildcats recorded 380 victories out of 634 official games, he earned his place in the golden book of the college championship. He himself lives a few steps away from the college and walks every day from his home to the on-campus arena. The venue since 2014 called „McKillop Court”.

Robert „Bob” McKillop will lecture 4 times during the Conference!



Davorin Nakic



Head of the European Referee Department at FIBA

Mr. Nakic is in charge of the referee department at FIBA Europe. He is responsible for delegating referees for international games and tournaments. He took part in several European and World Championships, also officiating five games at the 1996 Atlanta Olympics. He quit active refereeing in 2007, and carried on acting as a commissioner.



Zoltán Török

President of Sopron Basket

Winner of the Euroleague and Ronchetti Cup, 5-time Final Four participant, 15-time Hungarian Champion and 10-time Hungarian Cup Winner President of Sopron Basket has been leading the club along a well-thought-out, consistent construction for 27 years. In recognition of his work, the General Assembly of Sopron Town awarded the Pro Urbe Prize in 2019 for the renowned sports leader, who also received a state award this year, the Golden Degree of the Hungarian Cross of Merit. In May 2022 he received the Lifetime Achievement Award from the Hungarian Basketball Federation in recognition of his profession. His creed also proclaims the club's philosophy on the team's jersey and the door of the locker-room: „You are here because of your past, but only matters is what you do today.”

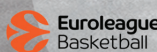


Dr. Julio Calleja-Gonzalez



Sport Scientist, Spanish Olympic Committee

The Chair of the University of the Basque Country, currently works for the Spanish Olympic Committee. Former Head of Strength and Conditioning Area of Spanish National Basketball teams. From 2017 is the personal performance scientist of the 2019 NBA champion Serge Ibaka. Member of the Executive Board of the European Physical Condition Association (EPCA) and the Euroleague Players Association (ELPA).



Prof. Dr. Sc. Igor Jukic

Sport Scientist, Advisor of ELPA

High-performance specialist in sport, founder (2003) of the “European Physical Conditioning Association”, founder and Advisory Board member of the Euroleague Players Association (ELPA). European champion with U18 team in 1996, World Championship silver medalist in 2001. As member of the Baskonia-Alaves Group from Spain he established a unique high-performance system (BAL). Head of Croatian High Performance Sport Center, as a part of the Croatian Olympic Committee.





Ernest Radjen



Master Coach

Started his coaching career in Zadar, in 1990, since then worked as coach of youth teams, director of youth teams, strength coordinator, assistant coach and head coach in Serbia (KK Vojvodina, KK BFC Beocin) – in 1993 as the head coach of KK Vojvodina junior team he won the Championship of Serbia –, Greece (seven seasons in Aris and three seasons in PAOK), Hungary (assistant coach of Men's National Team) and Turkey (Fenerbache Women's Team). Has been working in China for more than 10 years, international mentor coach at Rátgéber Academy. He presented at world class level coaching clinics in different continents.



Dr. László Németh, PhD

Former Head Coach of The National Team of England, Great-Britain and Iceland

During his career he has coached Premier Division basketball teams in five different countries – winning national titles in four – and coached three different Senior Men National Teams, including Great Britain between 1994 and 2004. As an academic he lectured performance and excellence coaching at UCLAN, Leeds and Chichester University for undergraduates. In 2006 was elected as president of the Hungarian Basketball Federation.



Dalma Iványi



10 times Hungarian championship winner, 134 times basketball player of Hungarian National Team, the immortal of Hungarian Basketball

10 times Hungarian championship winner, 11 times Hungarian Cup holder, three times member of the Euroleague All Star team. Made her debut in WNBA in the summer of 1999 and played afterwards for Utah Starzz, Phoenix Mercury and San Antonio Silver Stars. Was elected five times as the best women basketball player in Hungary. As head coach she served last two seasons for Uni Győr Mély-Út, while she is also the assistant coach of the Hungarian Women National Team. Assistant coach of NKA Universitas PEAC team from the summer of 2022.



Fabio Fossati

Mental Coach of Virtus Bologna

Currently mental coach of the 2022 EuroCup winner Virtus Segafredo Bologna. Fabio Fossati is a teacher at the University of State of Brescia, FIBA Europe Coaching Certificate program instructor and mentor coach of the Rátgéber Academy. He works as a television sport commentator for RAI, Sky and Sportitalia. As a head coach he is a three-time Italian Championship, two-time Italian Cup, four time Italian Supercup winner. As a professional basketball coach he led the Cameroon, Bangladesh and Switzerland National teams.



Dr. László Rátgéber, PhD, Habil.



Kosárlabda Specifikus Módszertani Központ



Master Coach, Associate Professor at UP-FHS, UPE

The most successful coach in Hungarian basketball, the holder of ten Championship titles and ten Cup victories, Euroleague winner with Spartak Moscow. He is the only Hungarian professional who could lead both national teams. He is a founding member of the FIBA Elite Coaches Committee. László Rátgéber was voted coach of the year in Yugoslavia, winning the same title nine times in Hungary and in 2011 in Turkey. In 2009, he was voted the best women's basketball coach in Europe. He has also coached Europe and the World National Team twice. In addition to his associate professorship and scientific work, he is the professional and strategic director of the National Basketball Academy of Pécs, the Department of Excellence, chairman of the board of trustees, director of the Center for Basketball Methodology and Education, and master coach. Number of his publications is more than 80, independent citations 103, all citations 125, IF 34.



**Center for Basketball
Methodology and Education**

2nd INTERNATIONAL BASKETBALL CONFERENCE

23-24 July 2022. Pécs, NATIONAL BASKETBALL ACADEMY



„MULTIPRACTICE“

Among the outstanding experts, who have accepted the invitation and will come in person to Pécs to share their experience with the attendees in the two-day International Basketball Conference organized by the Center for Basketball Methodology and Education, are professionals from NBA, Euroleague, and NCAA. During the season opening event at the end of July, besides the plenary presentations, on-court sessions will also enrich the two-day program.

Details: ksmk.hu, facebook.com/ratgeberakademia



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**PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS**



**TESTNEVELÉSI
EGYETEM**



**DEBRECENI
EGYETEM**





2nd INTERNATIONAL BASKETBALL CONFERENCE

23-24 July 2022. Pécs, NATIONAL BASKETBALL ACADEMY

DAY 1 - SATURDAY (July 23)

8:00-8:45 Registration
8:45-9:00 Opening Session
9:00-10:00 Plenary Session -
Nick Nurse - Leadership and Developing your Coaching Staff
10:00-11:00 Educational Session - PRE-FORMANCE: Personal Preparation for Training
Prof. Dr. Sc. Igor Jukic, Julio Calleja-González, Academy Staff
11:00-11:15 Coffee Break
11:15-12:00 Plenary Session - MULTIPRACTICE
Dr. László Rátgéber, PhD, habil., Ernest Radjen
12:00-13:00 Educational Session - POST-FORMANCE: Acute Recovery and Additional Performance Benefits
Prof. Julio Calleja-González, Prof. Dr. Sc. Igor Jukic
13:00-14:00 Lunch Break
14:00-15:00 Plenary Session -
Nick Nurse- Changing Defensive Philosophy and in Game Adjustments
15:00-16:00 Plenary Session -
Robert "Bob" McKillop - The 7 Fundamental Keys of Basketball
16:00-16:15 Coffee Break
16:15-17:15 On-court Session -
Nick Nurse -
End of the Game Philosophies and Sets
17:15-18:15 On-court Session -
Robert "Bob" McKillop - Attack the Attacker: The Full Court Offense
18:15-18:30 Coffee Break
18:30-19:15 Plenary Session -
Davorin Nakic - Basketball Referee's Role in Modern Basketball
19:15-20:00 Mix-together Session -
Nick Nurse - Interactive discussion between Audience and Nick Nurse

DAY 2 - SUNDAY (July 24)

8:00-8:30 Registration
8:30-9:30 Plenary Session -
Robert "Bob" McKillop - Basketball IQ: Winning Strategies
9:30-11:00 Plenary Session -
Zoltán Török - Team Building and Leadership
11:00-12:00 Plenary Session -
Dr. László Németh, PhD - Our Players and Team Hierarchy- the Star Player in the Squad
12:00-13:00 Lunch Break
13:00-14:00 On-court Session -
Robert "Bob" McKillop - Special Teams: The Defining Moments in the Game
14:00-15:30 On-court Session -
Nick Nurse - Offensive System and How it Relates to Analytics
15:30-16:00 Coffee Break
16:00-17:00 Debate Session -
Dalma Iványi, Fabio Fossati, Davorin Nakic - Player & Coach vs. Referee
17:00-18:00 The Giants Session -
Nick Nurse, Robert "Bob" McKillop - Coaching is Leading, Coaching is Living
18:00-18:15 Closing Session -
Dr. László Rátgéber, PhD, habil.

CENTER FOR BASKETBALL METHODOLOGY AND EDUCATION

According to the decision of the Hungarian Government, the Rátgéber Academy was awarded the title of the Center for Basketball Methodology and Education which started its operation on January 1, 2021. The primary goal of the Methodology Center is to offer support for talented athletes, to provide elite training and education for basketball academies at the highest possible professional level to achieve this goal, the Hungarian sports academies and the Hungarian Basketball Federation must cooperate constructively.

“In youth education, the training structure needs to be steered in a direction that meets the requirements of the 21st century. In order to achieve this goal, it is necessary to think together, to designate a common direction and path, which would enable to raise the level and quality. This requires the “gray matter” that sports academies represent! With the management of the Methodology Center a value-base must be created, guidelines must be defined that will take the complete youth education in the right direction”

Dr. Sándor Sáfár, PhD (Project Manager, National Sports Agency of Hungary)

“We all have to work together; we need to help each other because we depend upon each other. But we should seek cooperation not only within basketball, we also have to be open to a closer relationship with the methodological centers of handball and football as well. Our task is to make product out of intellectual output! All the resources have been given to apply the accumulated theoretical knowledge into practice: not only we need to catch up with other sports nations, but we must show new ways and new directions”

Dr. László Rátgéber, PhD, habil. (director, Center for Basketball Methodology and Education).

The Methodology Center has set many goals and tasks. Among the main objectives are: providing a scientific background of sport performance and sport development, advocacy of the sports academies, establishing constructive cooperation with institutions of higher education (University of Physical Education, university of Debrecen, university of Pécs and University of Sopron), sport organizations, the Hungarian Basketball Federation, and professional commit-

tees. In order to raise the level of the quality of basketball, our main tasks include to carry out sports Science research, to provide quality assurance of professional materials, to control them, to collect and provide feedback, thus to create PRODUCT FROM INTELLECTUAL OUTPUT.

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