



University of Pécs
Faculty of Health Sciences

SPORT- ÉS EGÉSZSÉGTUDOMÁNYI FÜZETEK SPORTS AND HEALTH SCIENCES NOTEBOOKS

6th International Basketball Conference -
Excellence in Basketball

ABSTRACTS

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Center for Basketball
Methodology and Education



SPORT- AND HEALTH SCIENCES NOTEBOOKS

6th International Basketball Conference - Multipractice 3.0

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MESSAGE FROM THE ORGANISING COMMITTEE

The National Basketball Academy in Pécs proudly hosted the 6th International Basketball Conference, maintaining the same high standards as before, with world-class international experts sharing their knowledge with attendees. Over the past three years, these conferences have compiled a complete university-level curriculum.

Thanks to our Methodological Center, we have developed a comprehensive university curriculum in Hungarian. In this unique endeavor for Hungary, the Center has built a professional and scientific team, network, and knowledge base at the level of international basketball elites. To achieve this, we organized numerous conferences and symposia on sports science and innovation. Our outputs include 10 books, 9 abstract volumes, a Hungarian translation of the FIBA's 1500-page handbook, a textbook for domestic sports science and physical education institutions, and several scientific publications.

Mastering this full “university curriculum” –regardless of one’s role in basketball or high-performance teams – equips professionals to elevate players’ performance through versatile, modern, science-based methods. Organizations in the sport must be driven by know-how, not administration. Embrace this knowledge – it holds the key to Hungarian basketball’s future.

As coaches, we transform lives, and we must ensure only the right influences guide our youth. We are committed to maximizing sports science’s potential. It is up to us to change Hungarian basketball – no one else will.

Dr. László Rátgéber, PhD, habil.

Master Coach

Assoc. Prof. at the University of Pécs, at the Hungarian University of Sports Science, Budapest,
Professional and Strategic Director of the National Basketball Academy, Pécs,
Director of the Center for Basketball Methodology and Education, Pécs



MESSAGE FROM THE PLENARY PRESENTER

Dimitris Itoudis

I was delighted and honored to be invited by László Rátgéber and my friend Igor Jukic to the 6th International Basketball Conference. I only wish I could have met László sooner, but it was here that I truly witnessed the passion he embodies. He gave me a tour of the academy, the rehabilitation center, and showcased the outstanding work of the Methodology Center. I can confidently tell the basketball world: this is a thriving, impeccably organized hub where young talents develop their skills under excellent coaches who attend to every detail. I was thrilled to participate and encourage everyone to visit.

In my presentations, I emphasized the critical role of individual training, which varies by context - whether managing a junior team, cadets, a recreational side playing once a week, or a Euroleague powerhouse. Elite teams have limited time: just one session per day, blending individual work and tactics amid heavy travel, video analysis, and the need for mental and physical recovery. Constant repetition of fundamentals is essential, and it's far easier with

well-trained, educated players. This allows precise tactical implementation, especially when youth teams are expertly coached by dedicated colleagues. Top players, meanwhile, carve their own paths, honing skills through extra hours beyond team sessions.

Regardless of offensive system, all coaches seek positional shots, scoring opportunities, or free throws. My core philosophy: achieve this by drilling fundamentals until they become second nature.

Dimitris Itoudis

Two-Time Euroleague Champion Coach, President of the Euroleague Head Coaches Board

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ABSTRACTS OF PLENARY PRESENTATIONS



AN OFFENSIVE SET PLAY: OPTIONS AND ADJUSTMENTS

FRANCESCO VITUCCI

Head coach of Nutribullet Treviso Basket

Every coach has their plays and own system, but we must consider that several systems work. There are always standards in basketball, which are fashionable offensive systems in a given period. Even if these standards are not part of our philosophy, we will still face these standards in defence. Therefore, we have to think about incorporating them into our practice methodology. For example, the ghost screen is prevalent in today's basketball. Hence, even if it is not part of our offensive strategy, we still need to work on it because we must create defensive rules against it. Zipper-middle pick and roll action is another significant standard. When working on it, we split the system into three parts.

The first part is the deep meeting point, which already has attacking options. Second is the middle pick and roll situation, which is the core of this offensive action. The third part is when we could not take advantage of the previous actions. Therefore, the ball returns to the wing, and we play a side pick and roll. Our most important part is reading the defensive reactions. We must teach how to react to defences like flat, hedge, switch, and tactical variations. The response must never be about the ball player and the roller, as the other players have to be part of the offensive reaction and rotation. Engaging all defensive players is our most important job, as it creates multiple options for our offence to score. We aim to spread the defence as wide as possible so that we can play in a bigger area. The ball player must be able to see the helpers, not only our roller during the pick and roll action, allowing more options to continue our play. The idea is the same for the perimeter players, who must see the whole picture of the defensive rotation to make the correct spacing decision. Locking the defence is another crucial teaching point because a good screen could collapse the defence more efficiently. We insist that our roll player should rim run with a banana cut, creating more room for at-

tacking those points where we can play further from the low post area. The kids need to visualize defence all the time and choose the best individual technical skill for controlling the ball, passing, and shooting. These small details could help us play more efficiently because we should never forget that as the level of competition increases, the defence becomes more prepared. Therefore, we must be ready to have a quick answer for any defensive reaction.

MORNING WORKOUT INDIVIDUALLY WITH GUARDS – SHOOTING DRILLS

DIMITIS ITOUDIS

Two-Time Euroleague Champion

The concept of individual practices

In the first part of our morning practices, we separate the players by their positions. This part can take between 15 and 60 minutes, depending on what and how much we want to work on. As for the guards, what we want to accomplish during these practices, besides skill development and shooting drills, is to have a better feeling about the spacing we have throughout our playbook. Our concept with these practices is to go through the teaching points from 1on0 drills to 3on0 drills. We want to teach players the right moment of a good replacing, spacing out, a hand-off, and various parts of the offensive system.

Warm up

For the warmup part, we worked mainly in 1on0 and 2on0, and we worked on different finishes like a straight layup, reversed layups, pulls, floaters, step-back jump shots and what the practice material of the given age group required. In these training sessions, we want to emphasize that the players always receive the ball in a triple threat position. Since we are talking about guards, we start each drill with a controlled dribble, developing their ball handling skills. We also teach players that the rim is a practical protecting point at a layup, which is why we use a lot of reversed layups in our individual drills. When players change direction, the last dribble should feel like the first part of the finishing option. We call it the rhythm dribble. The last one in this part is isolation when we separate the defender from the ball and attack with a change of rhythm.

Teaching points

1. Triple threat position
2. Pass from control dribble
3. Change of direction
4. Rhythm dribble
5. Isolation move

Spacing 2on0

In the next part, we build on the connection between the two players, in which spacing comes up, which also requires good timing. We can challenge the players by giving them score limits, and then we move to the next level. When we want to provide individual goals, we offer the goal as a percentage concerning different individual skills. After that, the drill continues until two drives and kickouts. The player with the ball can choose to drive to the baseline or middle, to which the off ball player must react. If we want to emphasize spacing, we can define that the drive goes to the middle twice in a row so that after the first kickout, the player must fill the corner. The next step is to make a close out after the pass, so we challenge the shot and also assign a defensive job.

One of the most important teaching points in this part is to receive the ball in a sound body position, from which they can shoot or attack the defence.

Teaching points

1. Drive to score
2. Timing and spacing
3. Body positioning
4. Stay low

Using the screens

In the next phase, the coach or a player will be the guided defender performing specific defensive tasks, such as a

hedge or ice. In this part, we can emphasize working on the left hand, which is usually the weak hand. When playing a pick and roll, players must read and react to different defensive tactical elements. Therefore, they have to protect the ball, attack the gap and split the defence if it's optional. We also work in the same concept with off ball screens, where a coach puts constant pressure on the ball player, making it difficult for him to protect the ball. Making the drill more complex, the player must dribble two balls. In the hand off situation, players must prepare the angle, so they have to separate the defence from the off ball player. When can this be combined with a hand-off, reverse, and pick-and-roll action with the coach? Coaches must always emphasize the playbook elements to vary the exercises in many ways.

Teaching points

1. Left hand
2. Protect the ball
3. Attack the gap
4. Split the defense
5. Prepare the angle

Three players connection

In the last part of the practice, we move to 3on0, where we can combine the previous elements according to the given goal. Since the elements practised so far must work at a skill level, the most significant emphasis is on full-speed execution. In this part, we also strive for a step-by-step approach, so we start with 3on0 spacing and then add different types of screens, as in the previous parts of the practice. In the end, we can break down our offence with 3 guards, where we can use our assistant coaches as the four and five men.

PERFORMANCE HOMEWORK FOR BASKETBALL PLAYERS

Prof. Dr. Sc. IGOR JUKIĆ
Sport Scientist, Advisor of ELPA

Igor Jukic's presentation focus on the performance homework for basketball players, but from the perspective of the players needs, which is sometimes different from the way of thinking and the perspective of the coaches. Many issues are related to players' private lives, and those who will have control, or more influence on time, what players spend without the coaching staff, will take advantage. Jukic talked on behalf of the Performance Advisory Board of Euroleague Players Associations. They think it is not easy to change their mindset and start to consider first from the players' point of view and start to speak their language. This is very important because sometimes academic language is so far from players' way of understanding basic topics and basic issues they have in everyday life.

One of these issues is **the congested schedule** of professional basketball players. We can calculate how much the players spend with us during one day, and who has more influence on their life, us, or themselves. Regardless of the way of our calculation, it can be said, that they generally spend more time without us than with us.

Training and games give the players stimulus and smart stress. Each of our practices is smart stress, eustress, not distress. Bad sleep behaviour, travel stress, media, sedentary life, electronic devices, overeating, loneliness, addictive behaviour, and a lot of different sources of **distress** are affecting the players' and also coaches' lives. This stress can be arranged to be smart, but it is a great challenge. Smart stress means over- or super-compensation. This overcompensation is the basis of adaptation to new developments. It is important to remember how to design smart stress. The big problem of modern sports is the **high specificity and the lack of training** not only in top-level basketball but even in juniors'. The competition schedule of the youth athletes, the

huge amount of different games in a short period, require high specificity training and there is no time also for this kind of training. Smart stress will not come from the game, because it's not under control. It is great stress, but stress is stochastic, not deterministic. High specificity and lack of training, became the cancer of modern sport, and it is very dangerous both for health, and performance.

Another big issue is **insufficient personalized care**. It is recommended to spend time to personalize some aspects of training. If we have no appropriate approach to this, the players will be looking for solutions, not in our systemic way, but in their intuitive way. If we are smart enough, we hear them and listen to what they think about their bodies and what they think even about solutions, because they are also teachers. Professionals are hiring strength conditioning coaches, personal coaches, psychologists, nutritionists, and medical doctors. But players who do not have enough money to hire personal staff, and youth athletes depend on you. That is the reason we should care about body, mind, energy and movement. Life performance, well-being, or welfare becoming part of serious and systemic approaches in different parts of the world, in big institutes and organizations, and in sports clubs.

Apart from the three main parts of sports preparation: Competition, Training, and Recovery, the fourth dimension is life performance **and lifestyle**. We can organize before training performance, post-performance, and also extra-performance in a club, but we have a lot of opportunities for organizing homework. Giving one **homework** per day of 15 minutes, 300 days per year, can give you huge potential for improvement. Our Performance Advisory Board, during the last three years, made big efforts to help the players' sometimes surprising requests regarding their private lives.

One of these topics is **recovery**. We have evidence-based scientific results, about the most effective methods, and about what the needs are. But sometimes methods not proven effective are considered to be good by the players. For example, a cold bath is a fantastic tool, but only 50% of the players like it because it is out of their comfort zone. On the contrary, massage is liked by almost all players, but science says, it is doubtful to help physiological recovery. It is very important, to listen and understand subjective feelings from players, because they have, sometimes intuitive way of conclusions, an interactive, holistic way of understanding their bodies and their needs. The most effective tools of recovery: eating every day, drinking every day, sleeping every day, and breathing every day are boring. But we can explain to the players these tools in an interesting way. It can be a placebo, but players can accept this way of communication. If coaches don't speak this kind of language, they will not understand each other, This way of communication is necessary only for coaches, not for the other part of the staff.

Sleep. Sleep is a new science, we read a lot of different checklists, on how to secure a good sleep. One of them is the pillow – sleep quality rising with your pillow- different for the different types of sleepers and occasions. Sleeping separately is also an important issue to be considered.

Social life is crucial for health and performance, but like every single content, it is like a drug. A drug with too many doses is poison. Without social life, it is lonely, and you will be in a bad mood, sometimes in depression, but too many connected behaviours related to social life, like addictive behaviours, can be detrimental to performance. We connected our athletes with musicians and dancers in Croatia, famous people, and even with the help of AI, they were given **music** for different aspects of preparation and warm-up and for recovery.

Psychology and mental health are also significant issues in professional, top-level, and youth sports. By organizing self-monitoring education for players once a year, we can predict different issues related to mental health. Based on research, we realized that **sun exposure** has more benefits than risks if we behave appropriately.

In a well-organized club, players are given some kind of instructions, for general **homework to** do in the offseason. But players who change clubs, have no sufficient care. In that

case, they need us. We encourage them to improve their skill, because skill is the most important factor in basketball. We encourage them to educate themselves tactically, using modern technology and strength and conditioning solutions, when and how to do so, because the schedule is so congested.

We concluded, that especially young players are in **lack of generic and development** training, they play, and practice basketball, but with no significant improvement. **It is not possible to develop players in long term way by playing only basketball - science about long-term athletic development proved!**

One solution for not having time to train is **microdosing**, 15 minutes of homework, and 15 minutes before practice. Small effort but has a big effect. Let's see a neural example: neural is plyometric, but low and mid-level plyometric, can be done at home with smart supervision and smart instructions. Also, there is a short or long high-intensity interval training, with no metabolic, but only respiratory effort.

Injury prevention. We encourage the players to do injury prevention because **availability** is everything. If they are not available, we do not have an effect on them. What is the best injury reduction strategy? Be ready and be prepared. That is why we did this project, called „**personal jacket**” for players.

The next issue is **communication**, the art of life. A lot of people around us and players have different opinions. The first solution to good communication is to teach the staff to control, not to suppress **ego**, and the other one is empathy. **Empathy** may be the most important characteristic of mankind. For more than 100 years old people, living most frequently in Japan, have in common characteristic in their lifestyle, is **Ikigai**. It requires responsibility. Similar is about players to reach **longevity**. A top-level athlete lives four to nine years longer than normal people and is scientifically healthier than normal people even if we talk about locomotor health. So, is the top-level sport healthy? No, but it's healthier than not doing sport. We can take part in promoting these messages, to parents, to the community, and to our players to play and live long and proper.

NUTRITIONAL TACTICS FOR BASKETBALL

DR. IGNACIO ESCRIBANO OTT
Sport nutritionists

Optimal nutrition in basketball hinges not only on choosing the right types of nutrients – specifically carbohydrates and proteins – but also on determining the correct amounts and the optimal timing of their intake. This strategic approach is crucial for effective recovery. During games, players endure intense physiological challenges. Moreover, the physical demands placed on players are shaped by intrinsic factors such as game position, player level, experience, gender, and age, as well as extrinsic factors like the frequency of matches and training sessions. These complex and varied elements demand highly precise, specific, and customized nutritional strategies.

Focus on energy needs

During a game, a basketball player's energy requirements are substantial, shaped by factors such as the duration and intensity of play, as well as individual physiological characteristics. Players frequently surpass the Maximum Lactate Steady State (MLSS), which highlights a significant dependence on anaerobic energy pathways. This dependence necessitates swift replenishment of energy stores post-game to prevent a decline in performance in subsequent matches.

Focus on glycogen restorage

The timing of carbohydrate intake is pivotal in the recovery process. Consuming ~100g of carbohydrates within the first 30 minutes post-game is crucial for significantly enhancing glycogen synthesis. Players should aim to consume approximately 1.2g/kg of carbohydrates 2-4h after the game. This initial intake should be followed by regular carbohydrate consumption throughout the next 24 hours to fully replenish glycogen stores and prepare the body for subsequent physical demands.

Focus on muscle recovery

The consumption of 20-25 grams of high-quality protein shortly after the game is essential for effective recovery. This practice aids in muscle repair and helps prevent protein breakdown. To further promote muscle repair and growth, it is crucial to maintain regular protein consumption throughout the next 24h recovery period.

This approach not only replenishes energy stores and repairs muscle tissue but also prepares players for subsequent training and games, thereby minimizing the risk of injury and fatigue.

MULTIPRACTICE. TRANSITION OFFENSE DRILLS

DR. HABIL LÁSZLÓ RÁTGÉBER
Master coach, associate professor

ERNEST RADJEN
Master coach

The specific drill book is a comprehensive guide to a multi-practice basketball training. It covers all of the essential skills and drills, as well it shows how to put them together into effective practice plans. A certain structure of the practice is introduced which is considered the philosophy of the work carried out with a basketball team and tested over many years.

Transition offense is a really important part of modern basketball, where the most important rule is to create efficient offense. We need to make our decisions quickly, we must run after misses and makes too. Transition drills are set of exercises for learning to improve the player's ability to score in fast break situations while making a quick decision in the maximum intensity of the game as the hall-mark of this basketball phase, are presented. Even in this part, we mostly perform the drill without defense, fast break drills are also considered transition defense drills. The exercises are methodically structured and shown from smaller to larger numbers of players, from simpler to more complex.

During these transition drills we must use aggravating circumstances, adding time limit and asking for a certain number of made shots. The idea with these drills should be to help our teams, by setting these time limits and counting the score.

EFFECTIVE COMMUNICATION WITHIN THE COACHING STAFF ROUNDTABLE

DIMITRIS ITOUDIS

Two-Time Euroleague Champion

FRANCESCO VITUCCI

Head coach of Nutribullet Treviso Basket

MÁRTON BÁDER

President of the Hungarian BASKETBALL Federation

MODERATOR:

Prof. Dr. Sc. IGOR JUKIĆ

The round table discussion started with a thought-provoking question from Prof. Dr. Sc Igor Jukić, the moderator wondered what the participating professionals expected when they moved to a new team as an active player or coach.

Márton Báder thinks that a player definitely has to be conscious or realistic about his/her level and always has to look for the next step, but money should not be the primary consideration. During his career, when it came to changing teams, the coach was very important. He pointed out that the Euroleague standards are very high at the moment, as is the way players are treated.

Coach Vitucci talked about how important family is to players, so it is important how family members are treated by a club. He also wants to feel and understand the motivation of a player. As a coach, he always respects his players, listens to them and tries to communicate with them in the best way. Dimitris Itoudis pays attention to the players' agendas, he considers it important to understand what is going on inside a player. He stressed that a player wants to know his/her coach and he/she needs to know the environment and how he/she can fit inside there.

Prof. Dr. Sc Igor Jukić asked about another perspective on players: what can a player do for himself, what is a player's lifestyle like, how can he organise his life?

Márton Báder said professional teams have specialists for every field of expertise and for example sleeping is very important in the life of a player. Specialists can show the way, but in the end it is up to the player to believe in the

professionals and do the tasks. It's about confidence, trust and don't losing faith.

Coach Vitucci stressed that it is very important that the rules become standards within a team that everyone believes in and accepts.

Prof. Dr. Sc Igor Jukić asked the participants whether a coach can have an influence on the private life and lifestyle of the players. What do the professionals think about this and what is their strategy?

Dimitris Itoudis thinks that a coach must make the players feel all accountable. He thinks that if they feel that they belong to the club, to the team, then they give their best. It should not be forgotten that they don't represent their name, they represent the club, the club's history and future they have assigned. He expressed his opinion that he believes the biggest motivator is the bench, because when you are on the bench, it has a message that the player has to play better.

Finally, the moderator asked the professionals about the reasons for the increasing length of players' careers.

In his answer, Márton Báder highlighted the example of LeBron James, who at the age of 39 is not only playing, but also flying because of his professional lifestyle. Mr. Báder emphasized that as a professional player, everyone has to be smart enough to realize that the body is the engine of a player and have to take care of it. Rehabilitation and

medical treatments are at a much higher level nowadays, He thinks that this is the reason why some sportsmen can really play longer.

Mr. Itoudis mentioned the role of the mind in connection with longevity of career, he said the mind gotta be open off the court too, for example with music, books or other sports, because it is very important to have multiple inputs to make the brain work. He believes that the best governor is our brain as it knows our fears. He thinks that as leaders, coaches have to have a character and if they lead a group or a team, they have to solve daily problems. On the other hand, he also mentioned the importance of taking care of the body and health.

MOBILE OFFENSES AND SPACING

DIMITIS ITOUDIS

Two-Time Euroleague Champion

The calls we use in a season are between 100 and 105, including inbound and after time out plays. We use direct and mobile plays but always decide which plays will be in the game plan. All the offence coaches choose need to have some logic. In our playbook, we use a play called Two Down, which we can use in any category. This play has several countermoves and adjustments depending on the opponent's defence against us. It requires five players to be mobile and active at all times to use it as an advantage. Each player moves at the same time, creating multiple options to score. This play's adjustments mainly depend on the quality of our players and their dominant hand.

In the actual action of the game, the fundamentals will define the quality of our play. We've already had to teach these fundamental moves and spacing through 2on0 and 3on0 drills; therefore, it should be automatic by the time we get to 5on0. Drive, kick, and space out are the core of every set play we use. Regarding teaching points, once we give the players their initial positions, we have the rules and good spacing, and we can add defence. In this phase, we walk through the set with a guided defence to give the offense a sense of what we want to do against various off ball, hand-off and on ball screen defenses. For example, if the opponent wants to switch, we want the players to be ready with several solutions. Once we got through the defensive options we tried to attack, we went 5on5 live. In this phase, we let the defence choose from their options, forcing the offence to read and react quickly. This is where we must insist that the ball player always needs to create.

This does not mean they must finish with the ball, but every time we give them the opportunity to have the ball, they must attack the rim. We arrived at the point when we built the players' awareness to choose between options by un-

derstanding each other's skills. Good teams make decisions based on their teammates' skills, allowing them to differentiate between the best options.

EDUCATE ON NUTRITION? ELEVATE IN PERFORMANCE

DR. IGNACIO ESCRIBANO OTT
Sport nutritionists

Nutrition is pivotal in optimizing both performance and recovery for basketball players. Yet, it is common to observe suboptimal nutritional behaviors among athletes, often shaped by ingrained habits and the level of individual nutritional knowledge. Therefore, it is critical to provide targeted nutrition education to correct these behaviors and enhance performance. This approach not only addresses the immediate dietary missteps but also elevates overall athlete health and game-day readiness.

Focus on Hydration Management

Hydration strategies are essential to minimize the direct impact of dehydration on fatigue during basketball activities. Achieving a proper balance between fluid losses and exogenous fluid replacement is crucial for maintaining peak physical condition and preventing the onset of fatigue.

Focus on Ergon utritional Tactics

A profound lack of understanding about the benefits and proper use of sports supplements is evident among basketball players. This knowledge gap exposes players to potential health risks and professional pitfalls, such as the inadvertent use of banned substances, and makes them susceptible to misleading marketing by supplement brands.

Focus on Body Composition Management

Inadequate sports nutritional knowledge significantly compromises athletes' body composition, leading to poor nutrient intake and mismanagement of energy balance. Without a clear understanding of how to customize diets to meet individual needs and the timing of nutrient intake, athletes may suffer from suboptimal body composition, such as excess fat or inadequate muscle mass. This not only diminishes performance but also increases the risk of injuries and negatively affects psychological well-being. It highlights the

critical need for robust nutrition education to enhance athletic performance and overall health.

The lack of proper nutrition understanding, and its application can significantly compromise both player performance and overall health. Therefore, it is crucial that all stakeholders surrounding the basketball players – including coaches, trainers, and medical staff – are well-informed about nutrition. This collective awareness will contribute to the development and enhancement of the players' sports nutrition knowledge, ultimately supporting their peak performance and wellbeing.

PRACTISING AND IMPROVING THE 1 VS: 1 SITUATIONS

FRANCESCO VITUCCI

Head coach of Nutribullet Treviso Basket

The rules of 1on1

Every basketball system requires discipline, execution, reading, creativity, and individual responsibility. Whatever we set on offence for our players, at the very end, we are all looking for easy layups, spot-up shots, three-pointers or free throws. To achieve this goal, our players must always attack the rim; therefore, they should be good 1-on-1 players. In terms of discipline and execution of the play, one of our rules is only to break the execution of the play if there is a clear opportunity to score. A clear chance in our system means a layup or an open spot up shot. Regardless of this rule, our players must be ready to punish any defensive mistake with a good 1-on-1 offence. We try to create situations when the ball is moving, and we have an advantage: the point when the ball player must attack without hesitation. With a good read and drive, the ball player can create several options for every player on the floor. Not every player can play high quality 1on1, but our philosophy is that the players must know their limits and work on them to reach a higher level.

Challenging the players

At any level, the players' first idea is to shoot the ball when they have it in their hands because it is challenging. Every player loves these situations, so our goal is to create as many challenging drills or parts of the practice as we can. Giving specific goals to the shooting or 1on1 drills is also an effective method. The most important part of our methodology is to make practice both challenging and fun for the players. Players need to learn how to enjoy defence just as much as offence.

Building up the practice

When we talk about 1on1, we also talk about the offensive and the defensive sides. In the first part of the practice, we run some 1-on-0 drills for offence and defence. These drills

are not only for warmup but also for preparing the players for the main part and developing individual skills. First, we start with the defensive stance and defensive slides. After that, we add multiple directional changes, speed changes, closeouts and more specific defensive elements. On offence, we use a lot of ball handling, driving and finishing drills from certain court areas. In the second phase, we work on live 1on1 from all parts of the court. We use this part to develop the skills we worked on in the previous part. At the end of the practice, the game-like situations have priority, where the coaches can play a role as the first attacking option of the offence, or we create rotations on defence with handicap situations, and at last, we play 2on0 and 3on3 small sided games, emphasizing the 1on1 from different entries.

Phases of 1on1 practice

1. 1on0 individual skills
2. 1on1 live
3. 2on2 and 3on3

First phase

This part is a more didactical teaching part of the practice. The drills depend on what we want to develop the most and what kind of 1-on-1 drills we will work on within the next phase. For example, when our main part includes attacking from a kick out pass, we must work on the close out footwork before. When we teach the closeout, our teaching points are 1. long first two-three steps, the short final step, 2. nose on the shoulder (depending on the channelling side). We use individual development drills, but we stick to the primary phase.

Second phase

We place this phase before the main break at the practice. In this part, we give specific goals like channelling, full court

defence, or half court defence. When we work with kids, this is an essential part of our job because we can develop individual offensive and defensive skills during game-like situations.

Teaching points on defense

1. Attack the ball player on the close out
2. Read the body language
3. Active hands

Teaching points on offense

1. Vision
2. Long first step
3. Read the react before the catch

Figure

Third phase

The third part is at the end of the practice, which is the challenging part where we give limits of time, limits of space, or limits of dribble. Our primary goal in offence is to punish any defensive reaction. We do not want to waste any advantage that our offence creates. The first Situation, when the defence has to punish, is the stunt. Therefore, players should react to the stunt, move with the ball, and, after the receive, immediately attack the recovery. The concept is not to waste any of the advantages that our teammate creates with a good drive. The idea is that we teach the players to recognize a shooting, a driving, or an extra pass option.

The player's vision is essential because the defence can read our body language. Therefore, the ball player should always look at the rim to be a threat and to see the other players on the court. The second situation we add is receiving the ball back after the extra pass. The teaching point is to move right after the low post pass, thereby, we teach the offence to move without the ball and the defence to react quickly and deny the off ball player. We always emphasize the defensive stance, the active hands, and the footwork, but we also emphasize not stopping too far from the ball player during a closeout. The individual defensive responsibility will give us the competitiveness that helps to raise the offensive and defensive skills to a higher level. As we created the offensive and defensive habits, we moved forward and used the same concept from two pass aways, like drive from the wing and stunt from the other wing. The next part is a more game realistic situation where we move the defence more. Coaches can create several ball and defensive positions based on what they would like to work on. To continue this system,

we add more offensive players to the drill. Therefore, the defence has to decide quickly where to rotate.

Regarding our playbook or what we want to teach, we work out of off ball screen, hand off, or pick and roll situations. For example, we can introduce reading the defence after a zipper entry. Defence can go over, under, or top lock. Therefore, the off-ball screen player makes a quick decision. After receiving the ball, our principles are the same on both sides. When focusing on the details and teaching points, we always have to remember that players must maintain focus and the joy of the game. Therefore, as we discussed before, we give them limits and make all drills a competition. We switch sides, stations and drills but with the same rules and principles regarding our coaching philosophy.

HIGH PERFORMANCE BASKETBALL: BACK TO THE FUTURE

ASSOC. PROF: NENAD TRUNIC

FABIO FOSSATI

Mental coach

JANEZ DRVARIC

FIBA Europe instructor

DR: LÁSZLÓ NÉMETH

Former head coach of the national team
of Great Britain

DR: HABIL LÁSZLÓ RÁTGÉBER

master coach, associate professor

MODERATOR: Prof. Dr. Sc. IGOR JUKIĆ

The moderator, Prof. Dr. Sc. Igor Jukić asked the participants of the roundtable discussion about their vision for the future of team sports and basketball.

Janez Drvaric pointed out that the game of basketball is getting faster, thanks to the rule changes, but from an athletic point of view, the players are getting stronger and faster. He believes it is important that basketball is an intelligent game, so speed is not always the biggest advantage, but basketball IQ is very important.

Assoc. Prof. Ph.D. Nenad Trunic said we know that basketball is a sprint sport, one of the consequences of this is that 91% of injuries occur during deceleration. It would be important to put a lot of emphasis on injury prevention in the future, which can be seen as a kind of preparation. We use science and education to understand problems and try to find solutions to them, but we must never forget the hard work.

The mental part is getting more and more attention and importance, and Fabio Fossati is very happy that the conference did not only focus on technique, but also on nutrition and mental training. The trainer believes it is important for coaches to remember that they are not working with machines, but with people. This is especially true for young players, who often spend more time with their coaches and teachers than with their own parents, so perhaps more im-

portant than technical instructions is the need to develop good human beings, and this is the basis of mental training. He said that we also need to change our idea of rest, because rest is an important part of the workout. His mantra is: if I want to be the best coach for my players, I must be the best coach for myself. It is very important that when a coach starts working with children, it is because they have passion and patience.

Dr. László Németh pointed out that often it is all about the players, but coaches also have a very important role to play, as they have to manage and lead many professionals and players at the same time. He explained that one coach can be better than another if, for example, he knows only 1% more than the others in 100 things, which is much better than knowing 100% more than your colleagues in a single subject. He said that you have to set the bar high in order to improve, and that you shouldn't give up even if you don't succeed at first. The only way to progress is to be better than others. He stressed that he has been coaching for a very long time, yet to this day he takes notes when he hears new and important information, as good coaches are constantly learning.

Janez Drvaric stressed that the National Basketball Academy offers very good conditions for the players to train, with plenty of courts and individual training sessions dur-

ing school hours and in the holidays, so a lot depends on practice.

Assoc. Prof. Ph.D. Nenad Trunić would like to send a message to coaches to put a lot of emphasis on learning and to recognize their weaknesses and work hard but smart on it every day. He believes that a coach should find the points to improve in his profession and work on them to become better and not forget to ask for help when needed.

Finally, the moderator invited the host of the conference, László Rátgéber, to share his ideas about the conference and the coaches.

Dr. László Rátgéber, Ph.D., Habil emphasized that he thinks the most important thing is to create a culture, because there is not really a basketball culture in Hungary, news about basketball reaches a very small part of the people in the country. The basic idea was to change this culture. He considers it important for coaches to step out of their comfort zone. The goal is very simple: the children come to the training sessions happy and leave the courts tired but with a smile on their faces. We need to work to have coaches who achieve this, because coaches change lives and this comes with a huge responsibility. Details bring success and glory. The professional emphasized that he will never give up on building culture, and also thanked all six conference participants for their cooperation, and emphasized how grateful he is for being able to invite so many highly successful and acclaimed professionals to the National Basketball Academy.



**Center for Basketball
Methodology and Education**

**6th INTERNATIONAL
BASKETBALL CONFERENCE**

7-8 Juni 2024, National Basketball Academy, Pécs

MULTIPRACTICE 3.0



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EGYESÜLET



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UNIVERSITY OF PÉCS



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RÁTGÉBER
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Center for Basketball Methodology and Education 6th INTERNATIONAL BASKETBALL CONFERENCE

7-8 June, 2024 National Basketball Academy, Pécs

PROGRAM MULTIPRACTICE 3.0

DAY 1 - Friday (7 June)

8:45-9:30 Registration

9:30-11:00 On-Court Session

Francesco Vitucci

An Offensive Set Play:

Options and Adjustments

11:00-11:15 Opening Session

Márton Báder - Hungarian Basketball Federation, President

Prof. Dr. József Bódis - Universitas Quinqueecclesiensis Foundation, Chairman of the Board of Trustees

Dr. habil. László Rátgéber - Center for Basketball Methodology and Education, Director

11:15-12:45 On-Court Session

Dimitris Itoudis

Morning Workout Individually with Guards-Shooting Drills

12:45-13:45 Lunch Break

13:45-14:45 Plenary Session

Prof. Dr. Sc. Igor Jukić

Performance Homework for Basketball Players

14:45-15:45 Plenary Session

Dr. Ignacio Escribano Ott

Nutritional Tactics for Basketball

15:45-16:00 Coffee Break

16:00-17:30 On-Court Session

Dr. habil. László Rátgéber, Ernest Radjen

Multipractice

Transition Offense Drills

17:30-18:30 Roundtable

Dimitris Itoudis, Francesco Vitucci, Márton Báder

Moderator: Prof. Dr. Sc. Igor Jukić

Player-Centered Basketball Environment

DAY 2 - Saturday (8 June)

8:00-8:30 Registration

8:30-10:00 On-Court Session

Dimitris Itoudis

Mobile Offenses and Spacing

10:00-11:00 Plenary Session

Dr. Ignacio Escribano Ott

Educate on Nutrition,

Elevate in Performance

11:00-11:20 Coffee Break

11:20-12:50 On-Court Session

Francesco Vitucci

Practicing and Improving the 1 vs. 1 Situations

12:50-14:00 Roundtable

Assoc. Prof. Nenad Trunic,

Fabio Fossati, Janez Drvaric,

Dr. László Németh

Moderator: Prof. Dr. Sc. Igor Jukić

High Performance Basketball:

Back to the Future

14:00 Closing



Dimitris Itoudis  

Two-time EuroLeague champion coach

Dimitris Itoudis is a two-time EuroLeague champion Greek professional basketball coach. He started his coaching career in 1990 and since then he became one of the most successful European coaches. As an assistant coach of Zeljko Obradovic in Panathinaikos, he was part of five EuroLeague Champion teams (2000, 2002, 2007, 2009, 2011), eleven Greek League champion teams (2000, 2001, 2003-2011) and seven Greek Cup winning teams (2003, 2005-2009, 2012). After one year as a head coach of Turkish team Banvit, in 2014 he became head coach of CSKA Moscow, with which he won two EuroLeague titles and two times was named as the EuroLeague Coach of the Year (2016 and 2019). He is also six times Russian champion (2015-2019, 2021) and in the last two seasons he coached the Greek National Team and Fenerbahce from Turkey.



Francesco Vitucci

Head coach of Nutribullet Treviso Basket

Hi is an Italian professional basketball coach, currently head coach of Nutribullet Treviso Basket. He started his career in Reyer Venezia, before moving for five seasons in Andrea Costa Imola, with which he took part in Korac Cup and Saporta Cup European competitions. He was the assistant coach of Benetton Treviso for seven years, winning the Italian Cup in 2004, 2005 and 2007 and the Italian Supercup in 2006. After being head coach of Scandone Avellino, Pallacanestro Varese and Auxilium Torino, he signed in 2017 for New Basket Brindisi, where he spent six seasons. He was coaching also the Italian National Team back in 2009, and was named Italian League Best Coach in 2013 and 2021.



Ernest Radjen



master coach

He 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 national team) and Turkey (Fenerbache women's team). Has been working in China for more than 10 years, last time at Beijing Ducks, international mentor coach at Rátgéber Academy. He presented at world class level coaching clinics in different continents. He is the co-author of the book entitled Multipractice with László Rátgéber.



Prof. Dr. Sc. Igor Jukić

Sport Scientist, advisor of ELPA

Hi is a Croatian 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 the Croatian U18 basketball team in 1996 and World Championship silver medallist with the U20s in 2001, he worked with the senior national team from 1997-2006 and participated in the 1999, 2003 and 2005 European Championships. With the Croatian football team, he participated in the World Cup in Brazil in 2014, and in the Euroqualifiers for Euro 2016. As a 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.



Dr. Ignacio Escribano Ott



Sports Nutritionist

Dr. Ignacio Escribano Ott is a Spanish Sports Nutritionist, currently working for Baskonia Vitoria-Gasteiz, a professional male basketball team competing in the EuroLeague. He earned his master's degree in High-Performance Sports from the Spanish Olympic Committee (COE) and is also an experienced basketball coach. His teaching experience spans various roles and institutions. This includes serving as a professor collaborator at the Universitat Oberta de Catalunya, acting as a guest speaker at the University of the Basque Country, and contributing to the development of educational materials at the Universidad Europea de Madrid.



Márton Báder



President of the Hungarian Basketball Federation

Four-time Hungarian champion and cup winner, Slovenian and Croatian champion as a player, two-time Hungarian champion and cup winner as professional director, 98-time Hungarian National Team member. He played 3 seasons in the EuroLeague, 3 seasons in the EuroCup, where he won silver and bronze medals, and 7 seasons in the Adriatic League as a player for KK Cibona Zagreb, KRKA Novo Mesto and KK Szolnoki Olaj. On March 15, 2013, he received the state award of the Hungarian Silver Cross of Merit in recognition of his successful sports performance and his efforts to popularize Hungarian basketball.



Dr. László Németh

former head coach of the national team of England

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.



Assoc. Prof. Nenad Trunic



FIBA Europe instructor

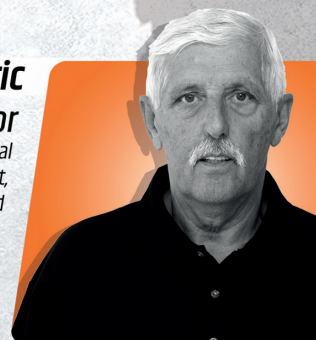
Assoc. Prof. Nenad Trunic is the Professor at Singidunim University in Belgrade, the lecturer of FIBA Europe Coaching Certificate Program and FIBA Europe Coaching Clinic, and the professional director at the National Basketball Academy. As a basketball player, he won two silver medals in the U16 and U18 European Championships. He has won several European and world championship places with the Serbian national team during his coaching career. Then he became the coordinator of the youth programs of the Serbian and then the Iranian Basketball Association. He is the author of „Basic Basketball Skills” and „Training young basketball players of different age categories”.



Janez Drvaric

FIBA Europe instructor

Hi is the permanent lecturer of FIBA Europe Coaching Certificate program and an international mentor coach at The National Basketball Academy. Previously, as an assistant and head coach of the Yugoslavian National Team, he won several medals: 1st, 2nd and 3rd place at the European Cadet Championship, with the National team he was bronz medalist in 1984 Los Angeles, and silver medalist in 1988, in Seoul Olympic Games. His greatest club success as a head coach was the winning of European Cup Winners' Cup in 1987 with Cibona Zagreb, with the legendary player Drazen Petrovic.



Fabio Fossati
Mental coach



He is the former mental coach of the 2022 EuroCup winner Virtus Segafredo Bologna. He is a teacher at the University of State of Brescia, FIBA Europe Coaching Certificate program instructor and mentor coach of the National Basketball 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 Camerun, Bangladesh and Switzerland National teams.



Kosárlabda Specifikus
Módszertani Központ



Dr. Habil. László Rátgéber

Master coach, associate professor at PTE-ETK, TE

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. In 2024, he was appointed Chairman of the Sports Science Presidential Committee of the Pécs Regional Committee of the Hungarian Academy of Sciences (MTA PAB).

Number of his publications is more than 90, independent citations 162, all citations 197, IF 42.



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