



## **THREE OF A KIND**

### **Course 03: Coach Zeljko Obradovic**

#### **Lesson 02: Preseason**

#### **Language: English**

### **PRESEASON**

#### **HOW PRESEASON IS SCHEDULED (LENGTH, LOCATION, FRIENDLY GAMES, NUMBER OF PRACTICES, TRAINING CAMP, TESTING)**

Our preseason camp is held 7 weeks before the first official game. These 7 weeks are divided into different phases and, obviously, with different objectives. The first week (or maybe 2 weeks) is held in Athens at the OAKA arena. Before we begin we always test the players: blood and ergometric. With the results we have all of the information about an individual. It is always good to know what has happened during the summer. According to the results we will adjust our schedule.

After the first week - or two - in Athens we usually go up to the mountains for 2 more weeks to Zlatibor in Serbia. The friendly games will start after 15-18 days of practice. The frequency of practices are usually 2 or 3 per day. Basketball (on court), Weights (Weights room), Running (Field). The rest of the players is also very important. We give them a break after 6 straight practices (counting 2 practices per day e.g. you can count as one practice WEIGHTS and RUNNING).

We must take into account that some times not all of the players are coming the same day. Normally, we have a lot of players with their National Team. This is something really important because it is not the same to start with players coming from their holidays as it is coming from a very stressful competitive period with their national teams.

The last 3 weeks of the preparations, normally with all the team together, we start to introduce the basic movements of our defensive and offensive plays with the aim to play the last friendly game with all of our basketball philosophy in place.

## **PLAYERS GOALS WHEN ARRIVING FOR PRESEASON**

First of all during the summer time we will give players individual programs. They must work out (Running-Weights). Of course everything depends on whether the player has an obligation with the National Team. In that case he will have a long preseason with that team, so he will have a different program. We believe that rest for players is very important, so we will give him some days of rest in order to be ready for our team.

The other players without obligations during the summer must come to preseason camp ready for the challenge. Actually we will get his "picture" (about what he did during the summer) with the tests we perform before preseason begins. Also, at this level, we must take advantage of the rest time for some concrete objectives:

- Players with some physical problems that allowed them to play until the end of the season but during the summer time they can perform specific work to have a better performance in the next season.
- Players with some physical problems that require surgery. The summer time is the perfect period for this kind of operation.
- Young players that need specific work in physical or technical aspects of the game. Also, the summer time is time to work for all of them.

## **PRESEASON GOALS**

The first basic pre season goal is to prepare the players physically. Their conditioning is the first goal. Building their body strength is the second goal. Our strength & conditioning coach will take care about that. For this reason we focus the first weeks of our preseason time to develop their aptitudes with two objectives:

- To develop as best as possible the physical condition of our players.
- To prevent injuries, muscular problems and overloads during a very long and heavy season.

The following goals are basketball goals. The first objective talking about basketball is to introduce the newcomers to our philosophy. Starting by the general aspects of our game: defensive concepts, transition game and basic offensive movements.

Normally, we start with the same plays and concepts that we were using during the previous season with the aim to help the new players in their adaptation and also to use the former players as examples.

After confirming the adaptation from the newcomers to the general concepts of our game we start to introduce new concepts but carefully. We start the new season only with two or three new details about our game – on defense and also on offense - and we prefer to use the first months of the season to develop these concepts and also to introduce more innovations. The reasons of this development during the season are:

- To introduce the newcomers in our general philosophy.
- To motivate the team in the applications of the new aspects of our game.
- To confirm the abilities of the newcomers before introducing the new adjustments in our plays.
- To confirm the conjunction between new and returning players before introducing the adjustments.

The third goal during preseason is the adaptation from the newcomers to the ethic and discipline of our team. This is something really important in our team because we prefer to start the competitions with the rules perfectly clear and internalized in all of the players.

Finally, preseason is a perfect time to create a great relationship between all of the players and also between the players and the coaching and medical staff of our team. With some weeks living in the same hotel, eating and working all together we have the opportunity to increase the tie between all our members.

## **STRENGTH AND CONDITIONING**

Strength and conditioning will be the first thing we work on in preseason camp. If we talk about percentages, this will be:

- First and second weeks: Conditioning 70% : Basketball 30%
- Third and fourth weeks: Conditioning 60% : Basketball 40%
- Fifth and sixth weeks: Conditioning 50% : Basketball 50%
- Seventh week: Conditioning 20% : Basketball 80%

## **SPECIFIC COACHING STAFF DUTIES**

First of all coaches are available 24 hours a day for our players. We try to be close to them on and off the court as well. We talk through their problems and try to solve it specially for the newcomers during their first week in our team. During this time they have a lot of things on their mind about logistic aspects of their lives: apartments, furniture, schools if they have children, etc. To help them during this time is essential for the development of their lives in and out of the team.

In the coaching staff we are 4 coaches and a strength & conditioning coach (Head Coach, 3 Assistants). Everybody has his duties. Every thing is explained from the beginning of the season, regarding the duties and obligations of each of us. Before practices we will have our coaching meetings to talk about the goals in practice and what specific coaches must do.