

FC BAYERN MÜNCHEN BASKETBALL

# LOAD MANAGEMENT

THEORY, PRACTICAL IMPLICATION, DATA VISUALIZATION

20. Januar 2023



BASKETBALL

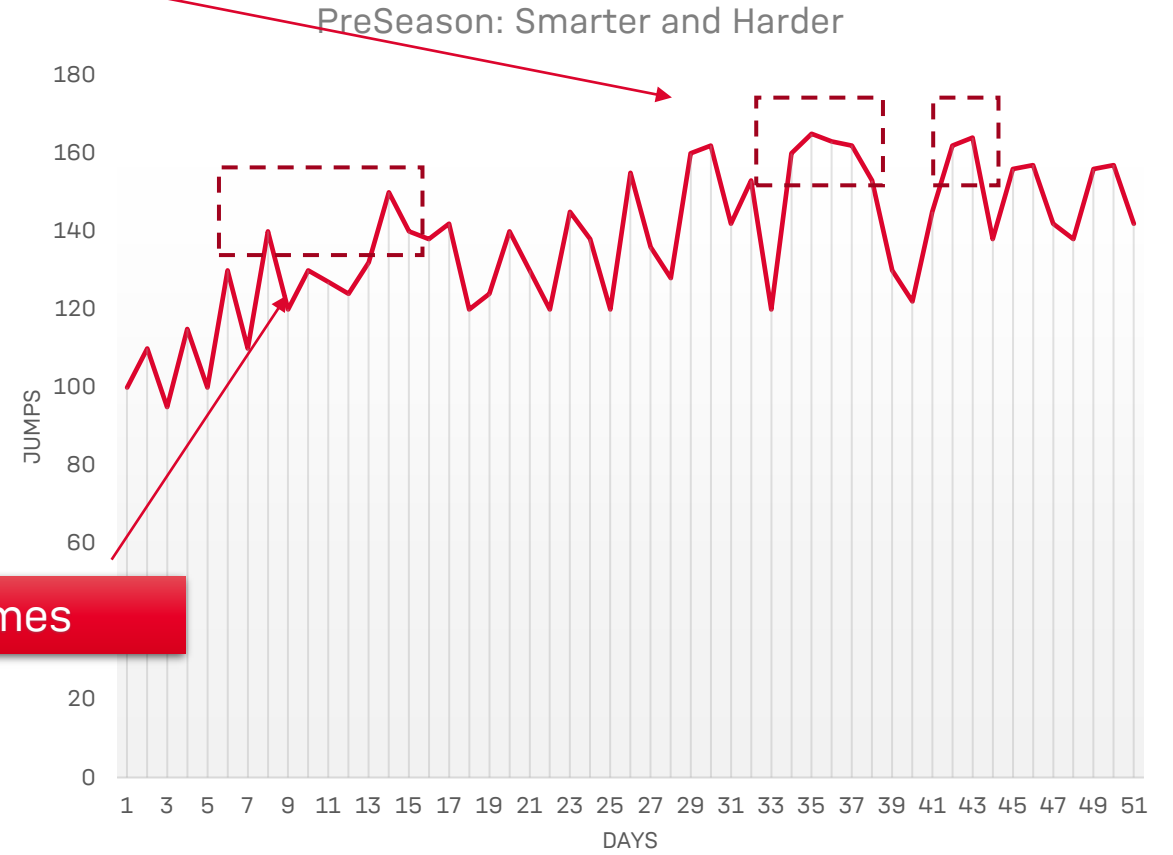
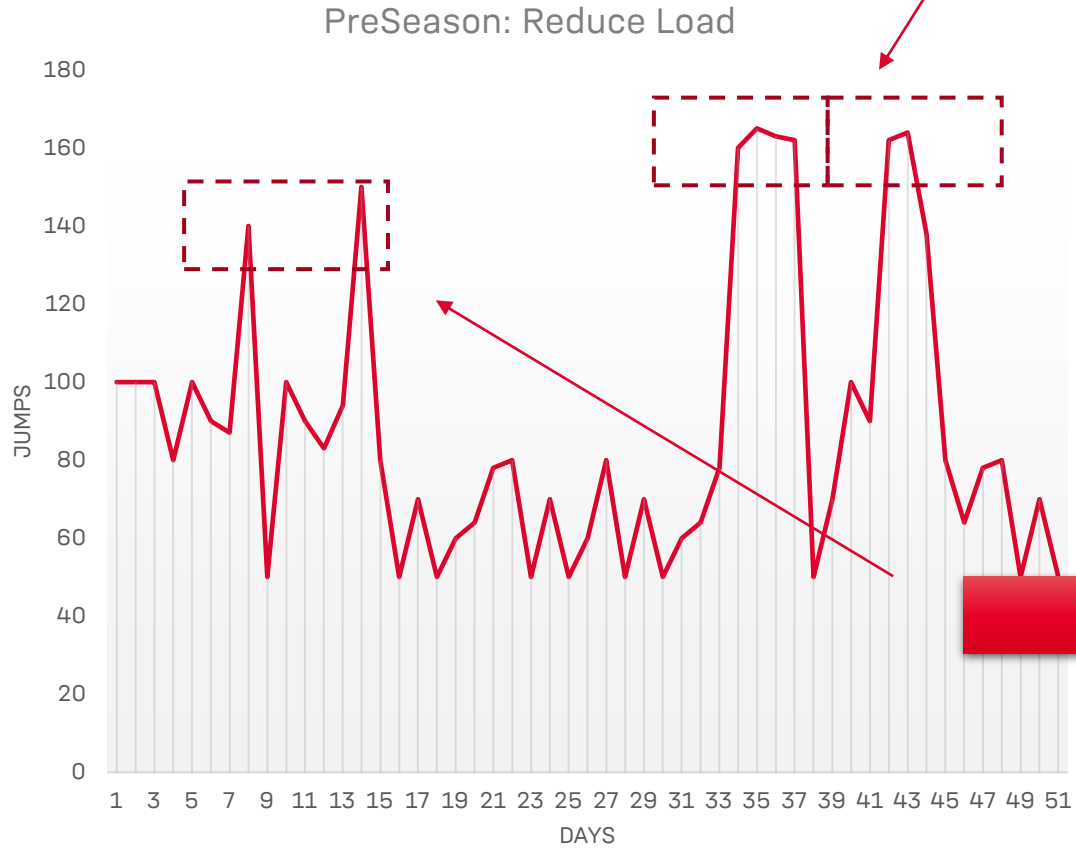
~~reduce load and playing minutes to avoid injuries~~

TRAIN SMARTER AND HARDER

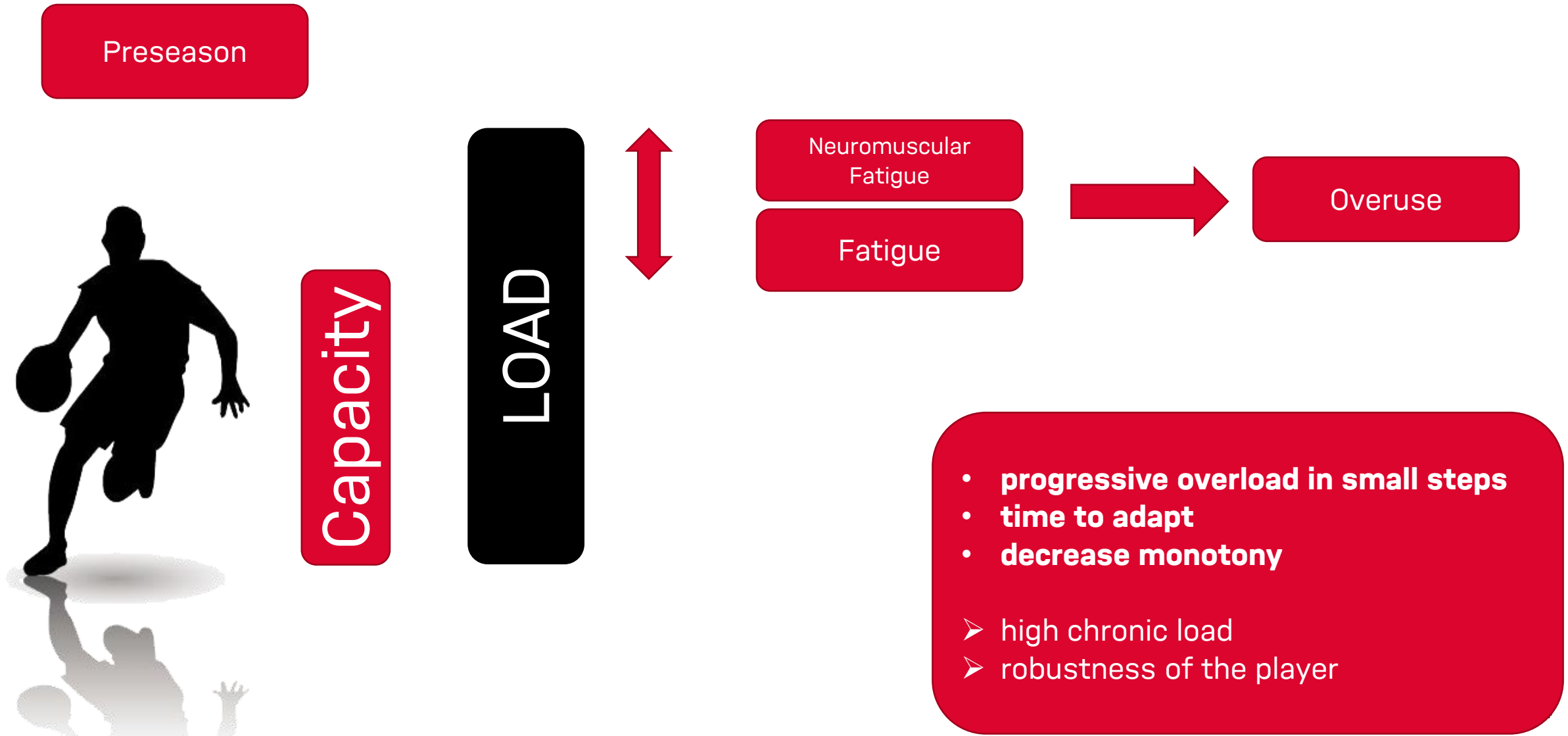
Tim J. Gabett

# WHAT IS THE RATIONALE?

Worst case scenario



# WHY ARE INJURIES OCCURRING AFTER LOAD SPIKES?



# LITERATURE AND PRACTICE



## Editorial: Acute: Chronic Workload Ratio: Is There Scientific Evidence?

Hassane Zouhal<sup>1†</sup>, Daniel Boulosa<sup>2</sup>, Rodrigo Ramirez-Campillo<sup>3,4</sup>, Ajmol Ali<sup>5†</sup> and Urs Granacher<sup>6\*</sup>

Original research

The acute:chronic workload ratio in relation to injury risk in professional soccer

Shane Malone<sup>a,\*</sup>, Adam Owen<sup>b,c,d</sup>, Matt Newton<sup>b</sup>, Bruno Mendes<sup>d</sup>, Kieran D. Collins<sup>a</sup>, Tim J. Gabbett<sup>e</sup>

Monitoring Training Load and Well-Being During the In-Season Phase in National Collegiate Athletic Association Division I Men's Basketball

Daniele Conte, Nicholas Kolb, Aaron T Scanlan, Fabrizio Santolamazza

Team's Average Acute:Chronic Workload Ratio Correlates with Injury Risk in NCAA Men's Soccer Team

David R Bakal<sup>1</sup>, Tyler R Friedrich<sup>2</sup>, Gerald Keane<sup>1</sup>, Brian White<sup>3</sup>, Eugene Y Roh<sup>1</sup>

Affiliations + expand

> Int J Sports Physiol Perform. 2017 Oct;12(9):1238-1242. doi: 10.1123/ijspp.2016-0726 . Epub 2017 Mar 2.

The Relationship Between Training Load and Injury in Men's Professional Basketball

Kaitlyn J Weiss, Sian V Allen, Mike R McGuigan, Chris S Whatman



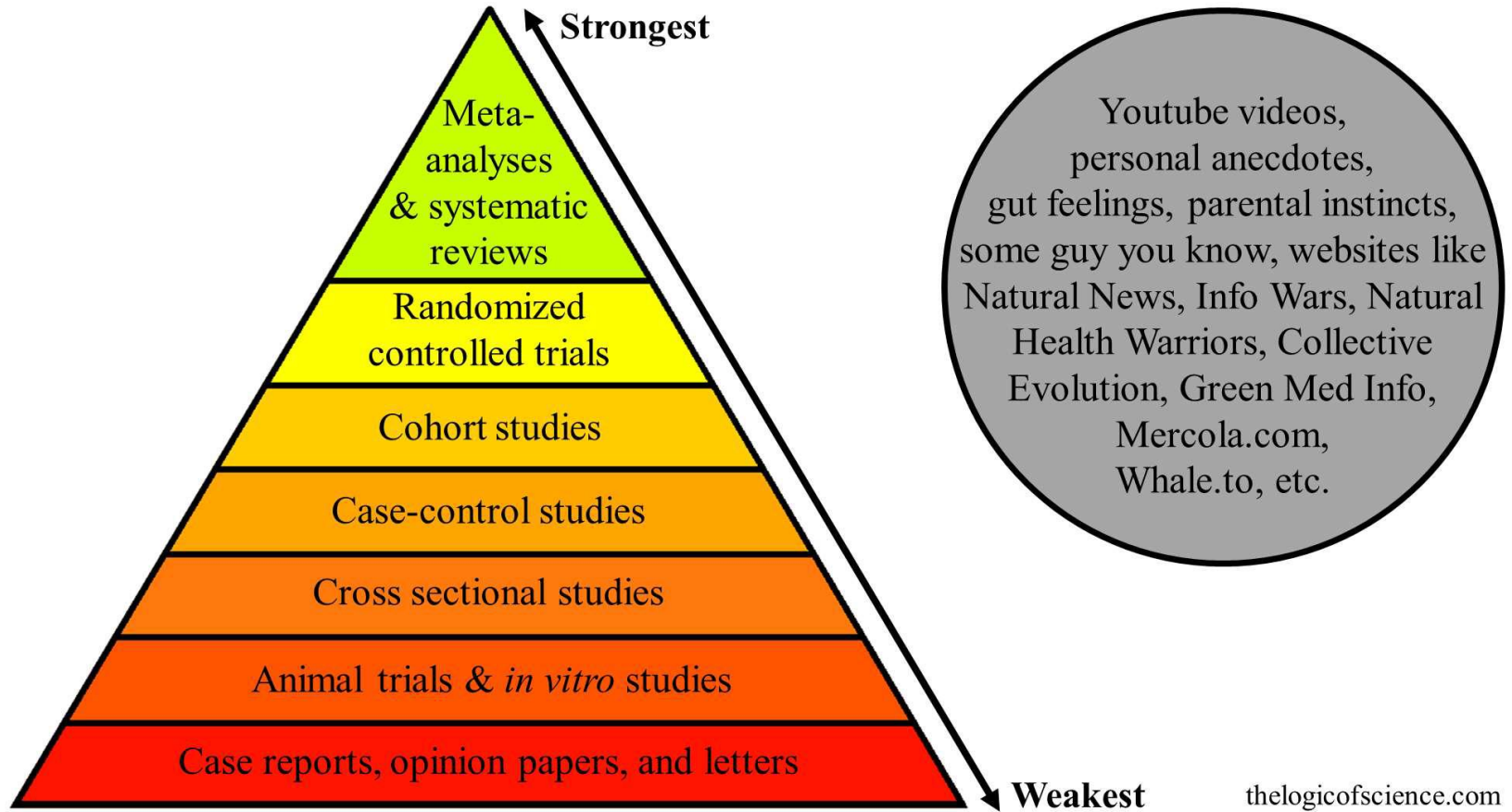
KINEXON



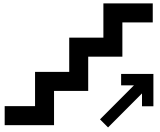
# EVIDENCE-BASED RECOMMENDATIONS

## Hierarchy of Scientific Evidence

## Not Scientific Evidence



# WHAT DO WE WANT TO ACHIEVE?



To build higher chronic workloads,



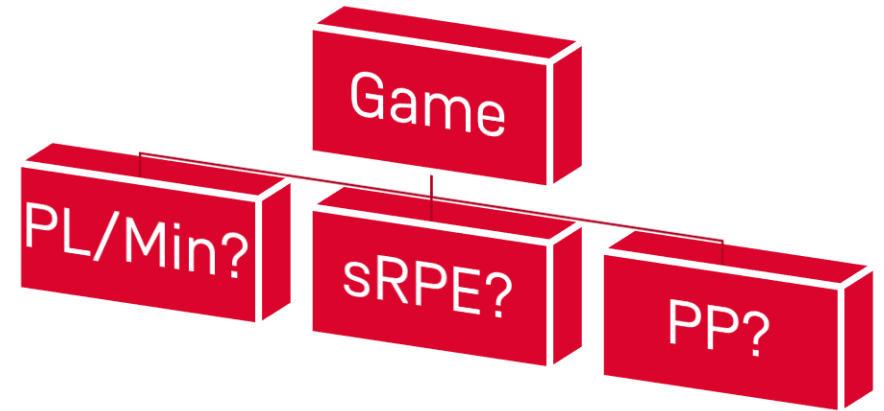
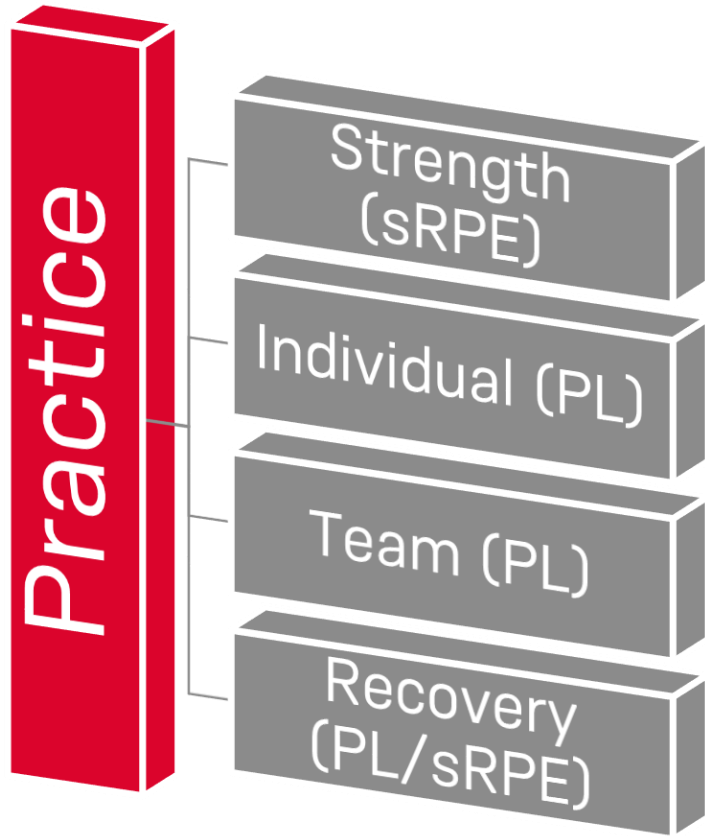
To prepare for the most demanding passages of competition



To progress athletes as quickly and safely to these highloads.

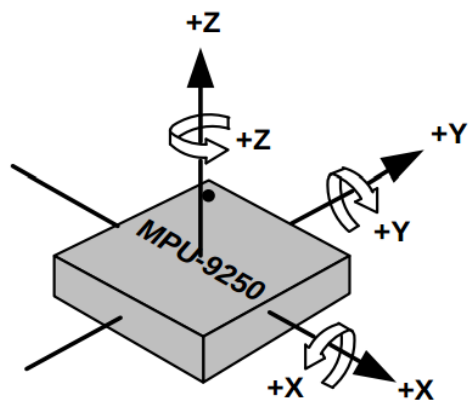
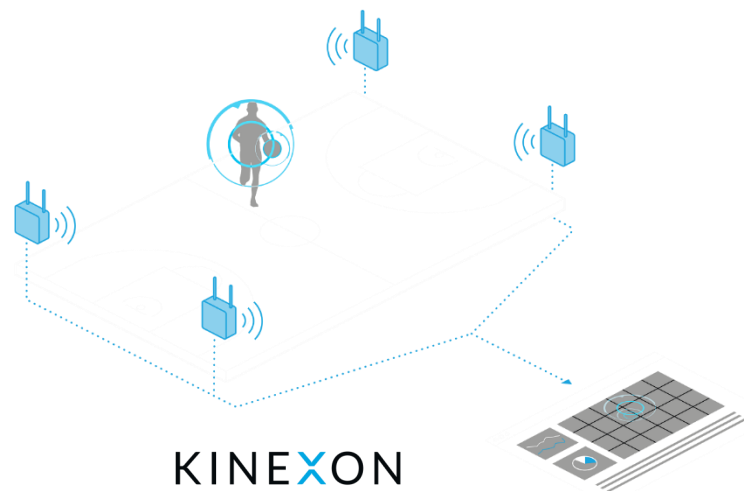
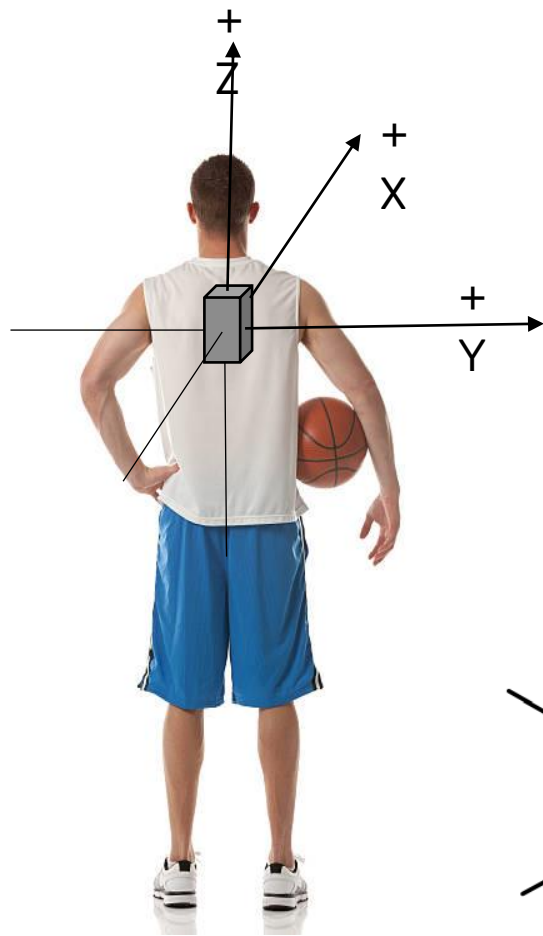
# HOW CAN WE ACHIEVE IT?

**DATA!**





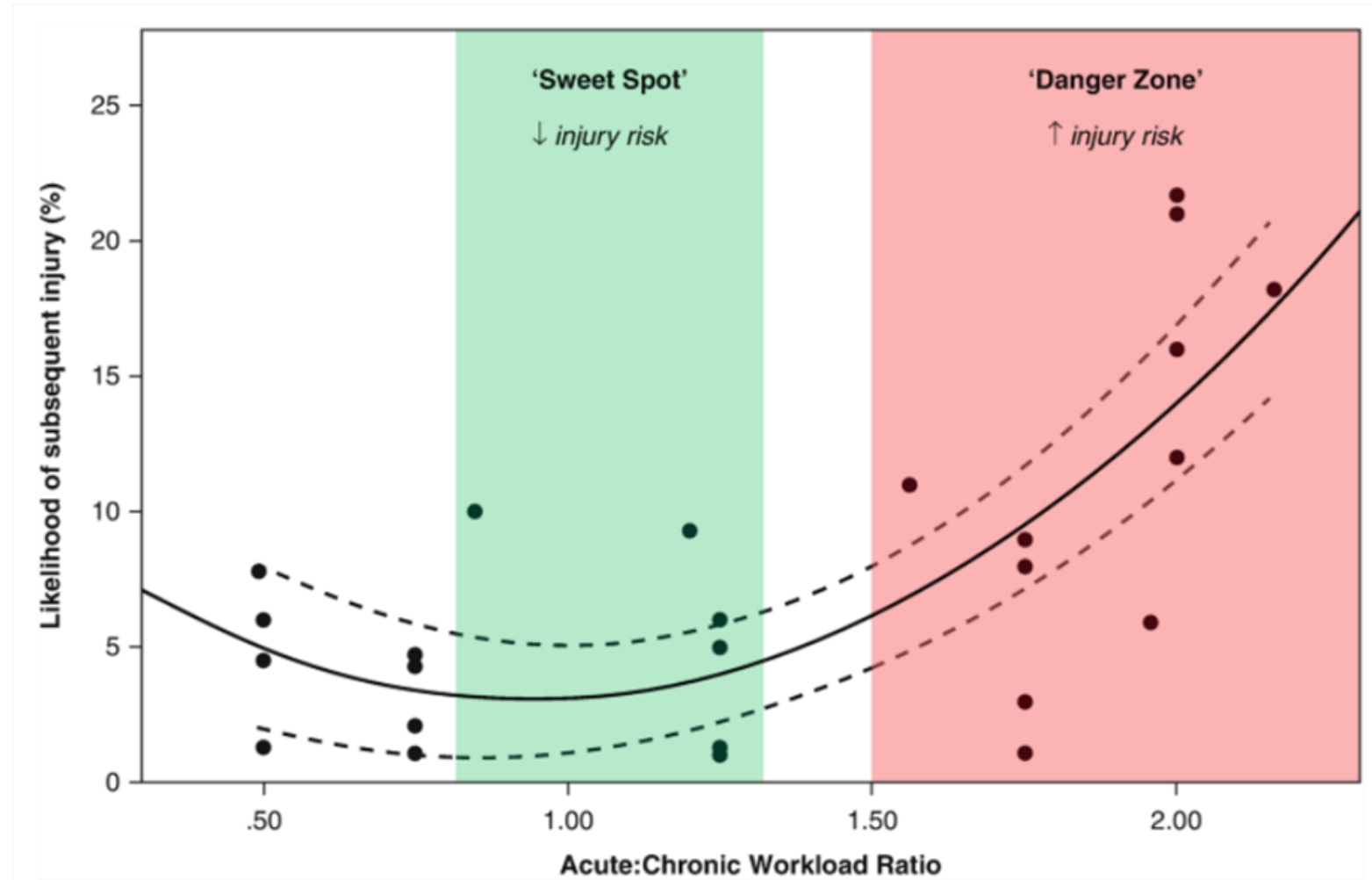
# EXAMPLES OF DATA ASSESSMENT



Rating	Descriptor
0	Rest
1	Very, Very Easy
2	Easy
3	Moderate
4	Somewhat Hard
5	Hard
6	
7	Very Hard
8	
9	
10	Maximal

# TARGET: ACUTE:CHRONIC WORKLOAD RATIO

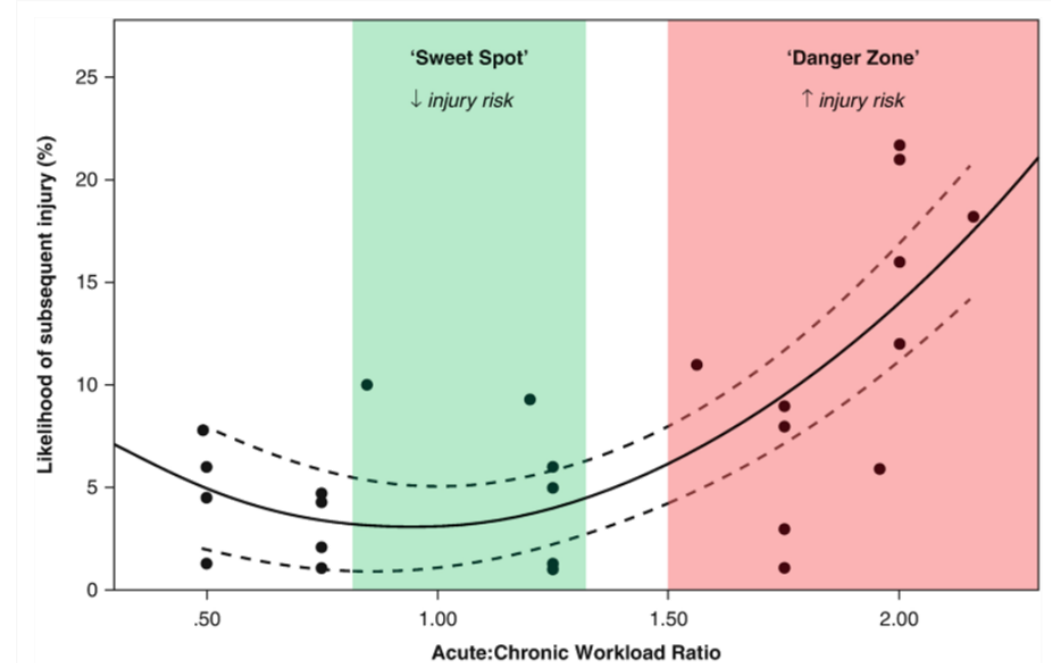
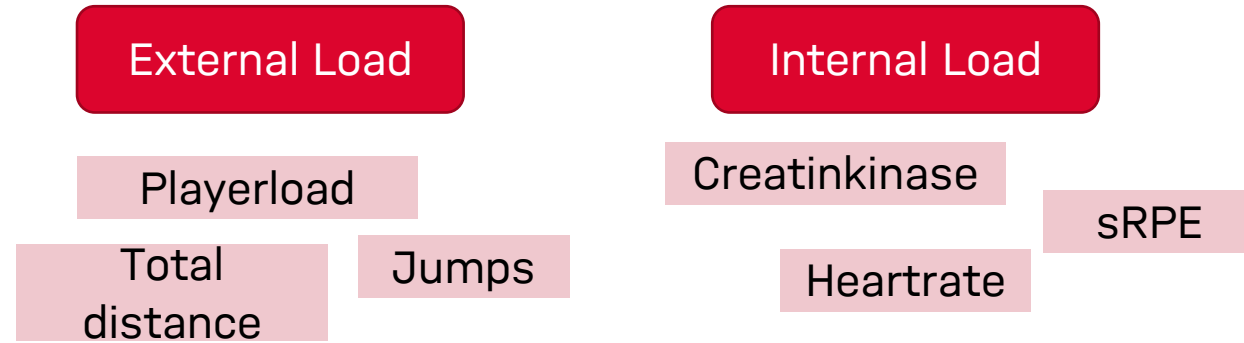
Statistical model to detect Acute Load Peaks compared to Chronic Load



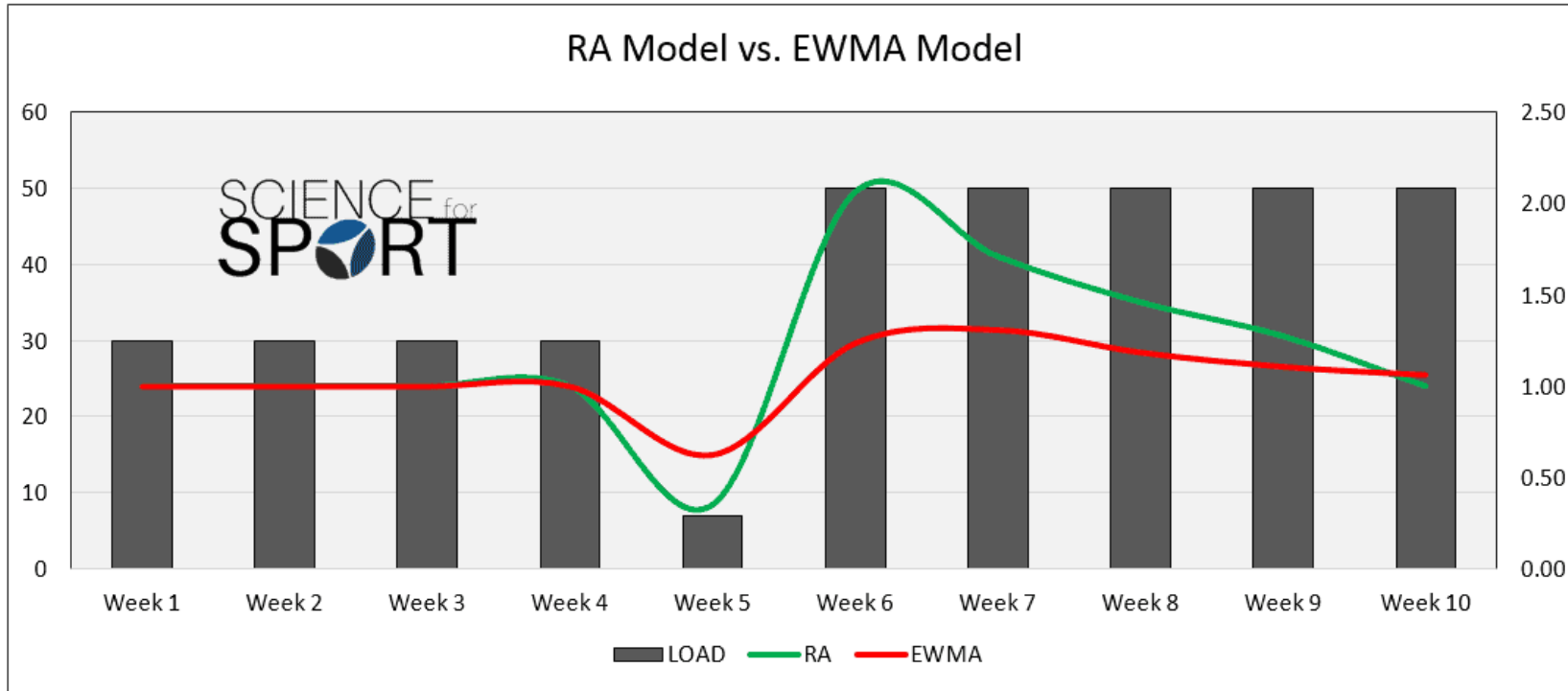
# ACUTE:CHRONIC WORKLOAD RATIO

Week 3	Week 2	Week 1	Chronic
3600	3350	3750	3567

<b>Acute</b>	=	<b>AC/CH</b>
3650		
<b>Chronic</b>	=	1.02
3567		



# ACUTE:CHRONIC WORKLOAD RATIO



**ACWR = Acute to Chronic Workload Ratio**

EWMA = Exponentially Weighted Moving Average

$$\Lambda = \frac{2}{N_{acute} + 1} = \text{Time Coefficient Acute}$$

$$\epsilon = \frac{2}{N_{chronic} + 1} = \text{Time Coefficient Chronic}$$

$$N_{acute} = 7 \text{ (9 for Sprint)}$$

$$N_{chronic} = 28$$

$$X = \text{Load}_{today}$$

$$Z = \text{EWMA}_{acute}_{yesterday}$$

$$V = \text{EWMA}_{chronic}_{yesterday}$$

$$\text{EWMA}_{acute} = X * \Lambda + (1 - \Lambda) * Z$$

$$\text{EWMA}_{chronic} = X * \epsilon + (1 - \epsilon) * V$$

$$\text{ACWR} = \frac{\text{EWMA}_{acute}}{\text{EWMA}_{chronic}}$$

$$X = \frac{(1 - \Lambda) * Z - (1 - \epsilon) * V * \text{ACWR}_{desired}}{(\epsilon * \text{ACWR}_{desired} - \Lambda)}$$

# WHAT THE COACH SEES!



## ProB Report

### ACWR PlayerLoad:

**Explanation:**  
Range between 0.75 and 1.3 means optimal adaptation with reduced injury risk

Values above 1.3 should be avoided!

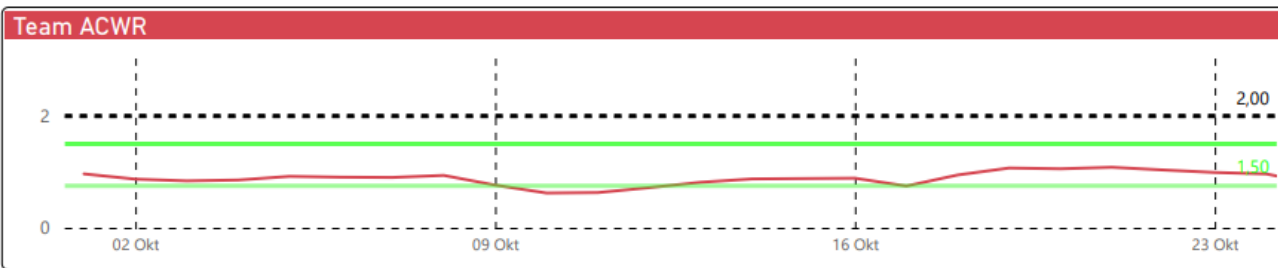
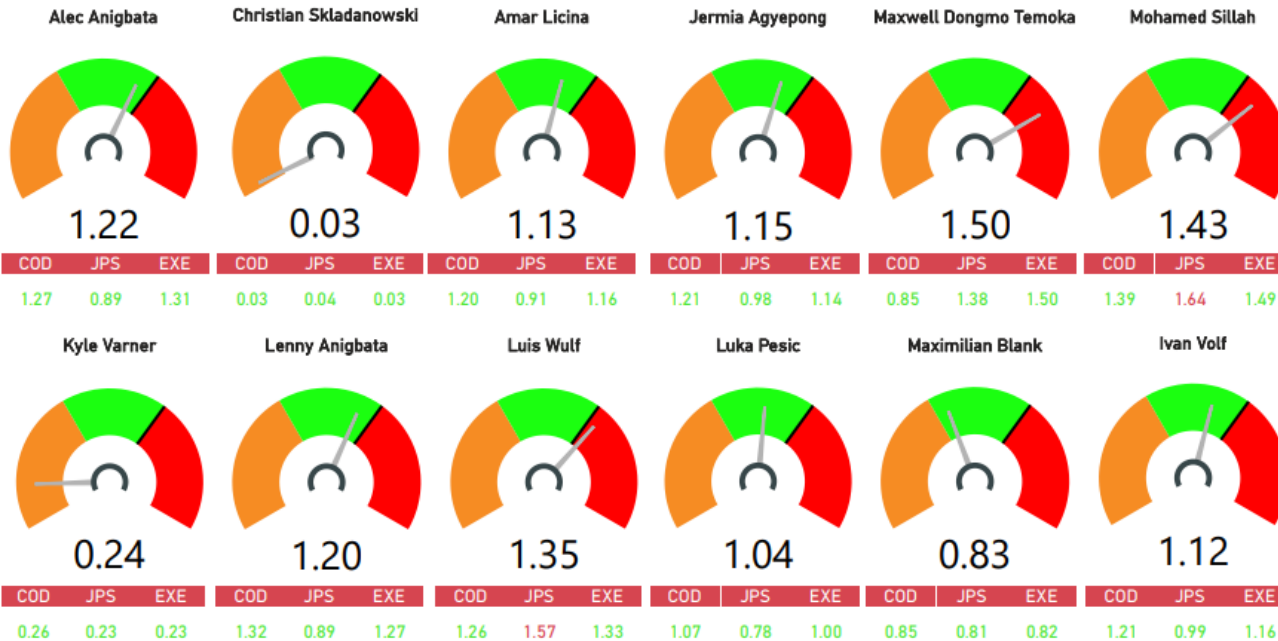
After Preseason range should be between 0.75 and 1.25

### Intensity Parameters:

COD: ChangeofDirection  
JPS: Jumps  
EXE: Exertions

01.10.2022

24.10.2022



Date: 24.10.2022

Target values for: 25.10.2022

PlayerLoad	COD
1K	266
JPS	EXE
185	318

**Recommendations:**  
Careful! Some Data was missing and had to be statistically imputed!

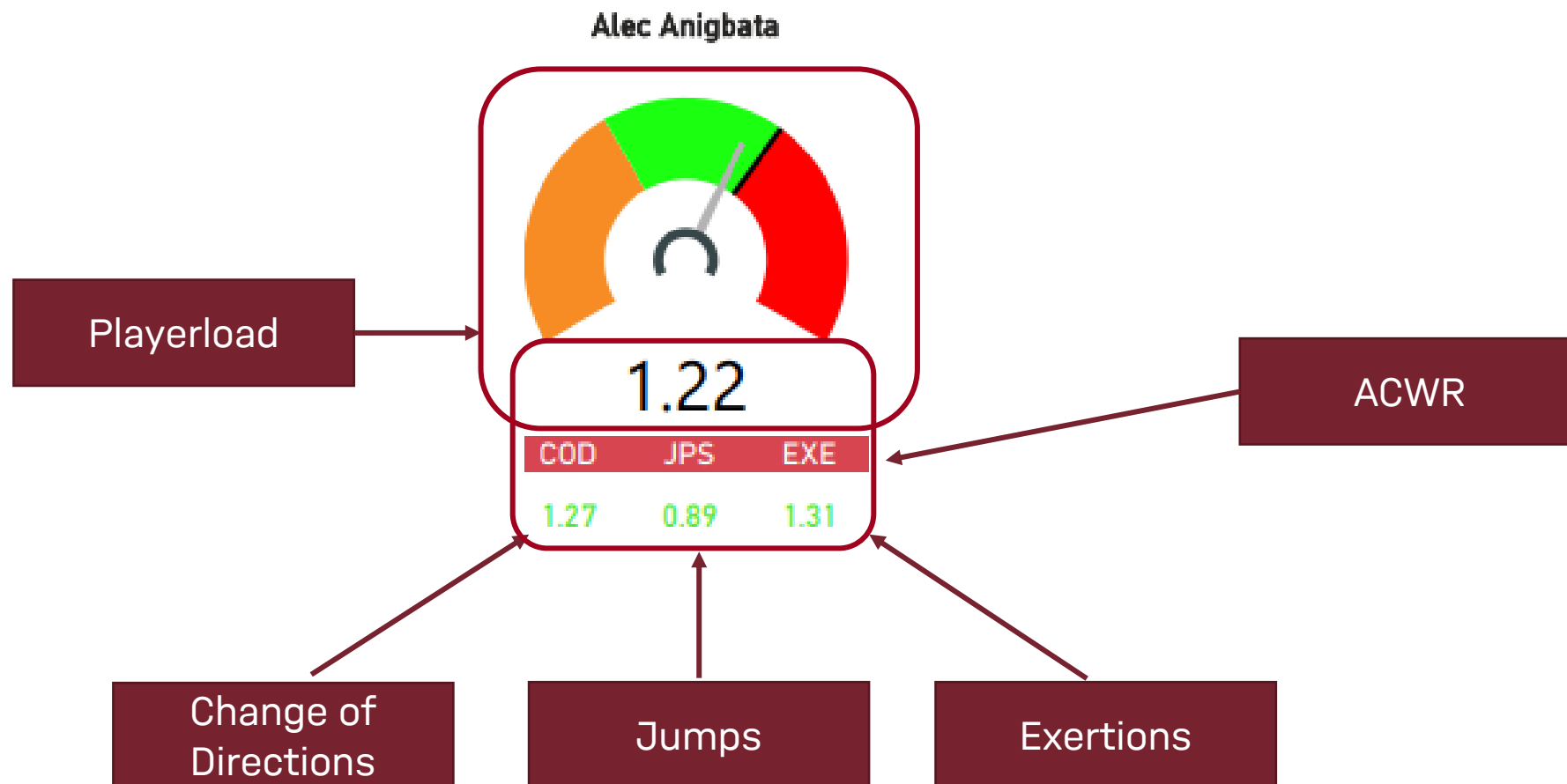
Most players are adapted to high external loads. Just look how they behave in practice and strength session for practice planning due to internal load.

So externally with good rotations we should be prepared for three games in a week.

**Specific Players:**  
Maxwell: isn't completely adapted after his injury! More rotations in games are recommended.

Injured Players: Slow increase in volume per practice ((Kyle), Chris!)

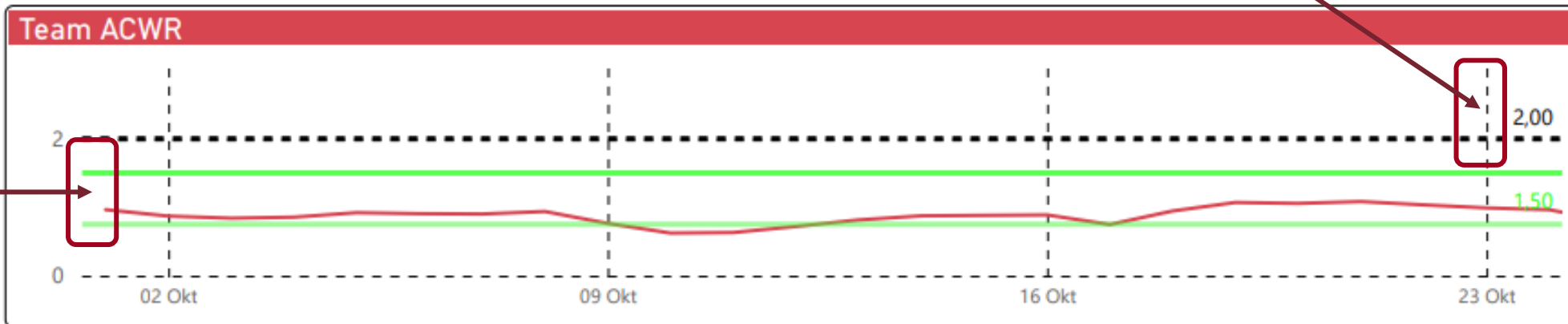
# WHAT THE COACH SEES! PLAYER:



# WHAT THE COACH SEES! TEAM:

Playerload of  
the team

Danger Zone



Sweetspot

# WHAT THE COACH SEES! INTERPRETATION:

Target values for:  
25.10.2022

PlayerLoad 1K	COD 266
JPS 185	EXE 318

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Target values

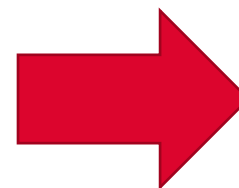
Recommendations  
And  
Interpretation



# IN THE FUTURE?



DRILL	LOAD
PREPARATION 10 minutes	60
SHOOTING 10 minutes	70
3vs0 HALF COURT 10 minutes	60
4vs0 HALF COURT 10 minutes	50
5vs0 HALF COURT 10 minutes	50
...	...



Target values for:

25.10.2022

PlayerLoad <b>1K</b>	COD <b>266</b>
JPS <b>185</b>	EXE <b>318</b>

**Recommendations:**  
Careful! Some Data was missing and had to be statistically imputed!

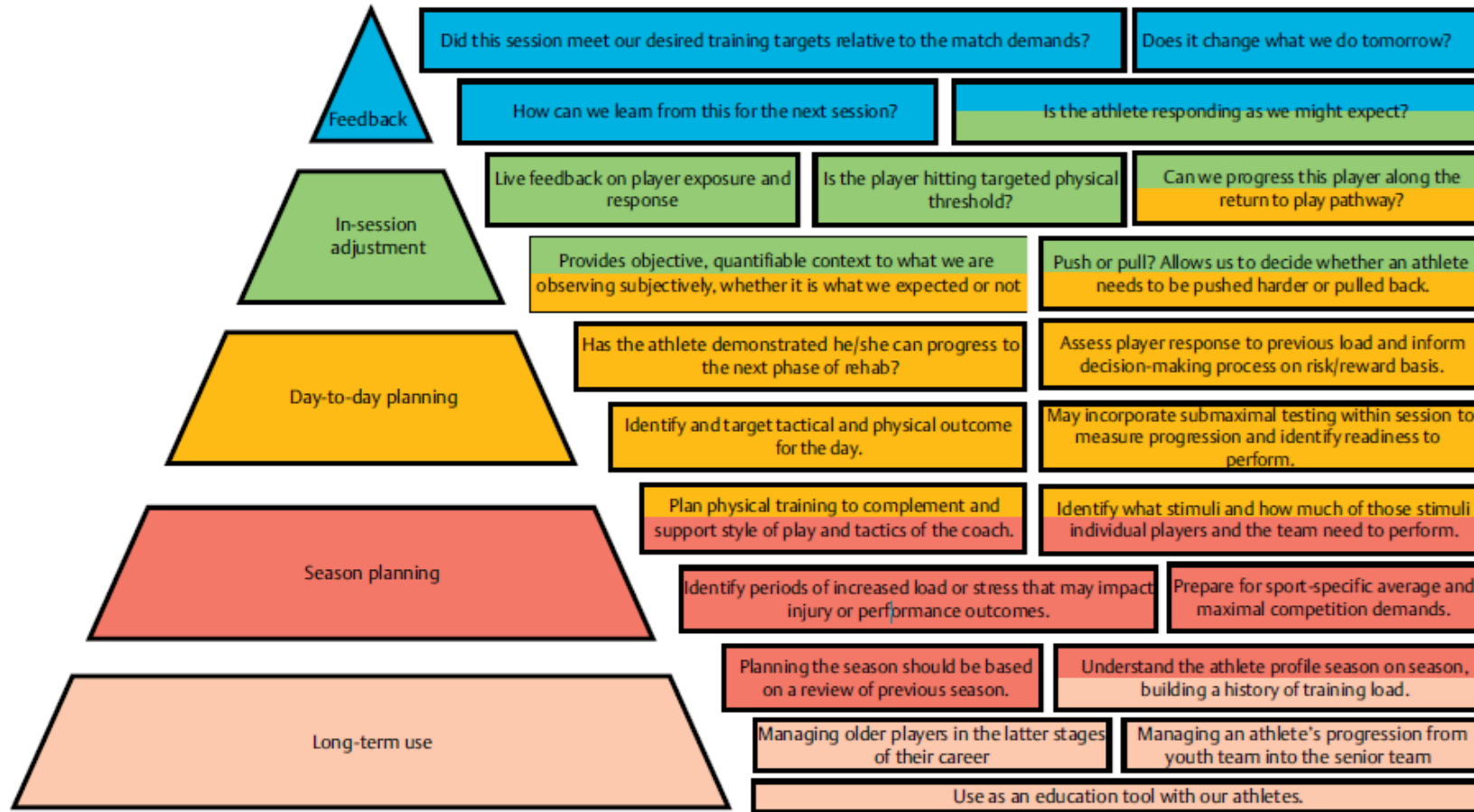
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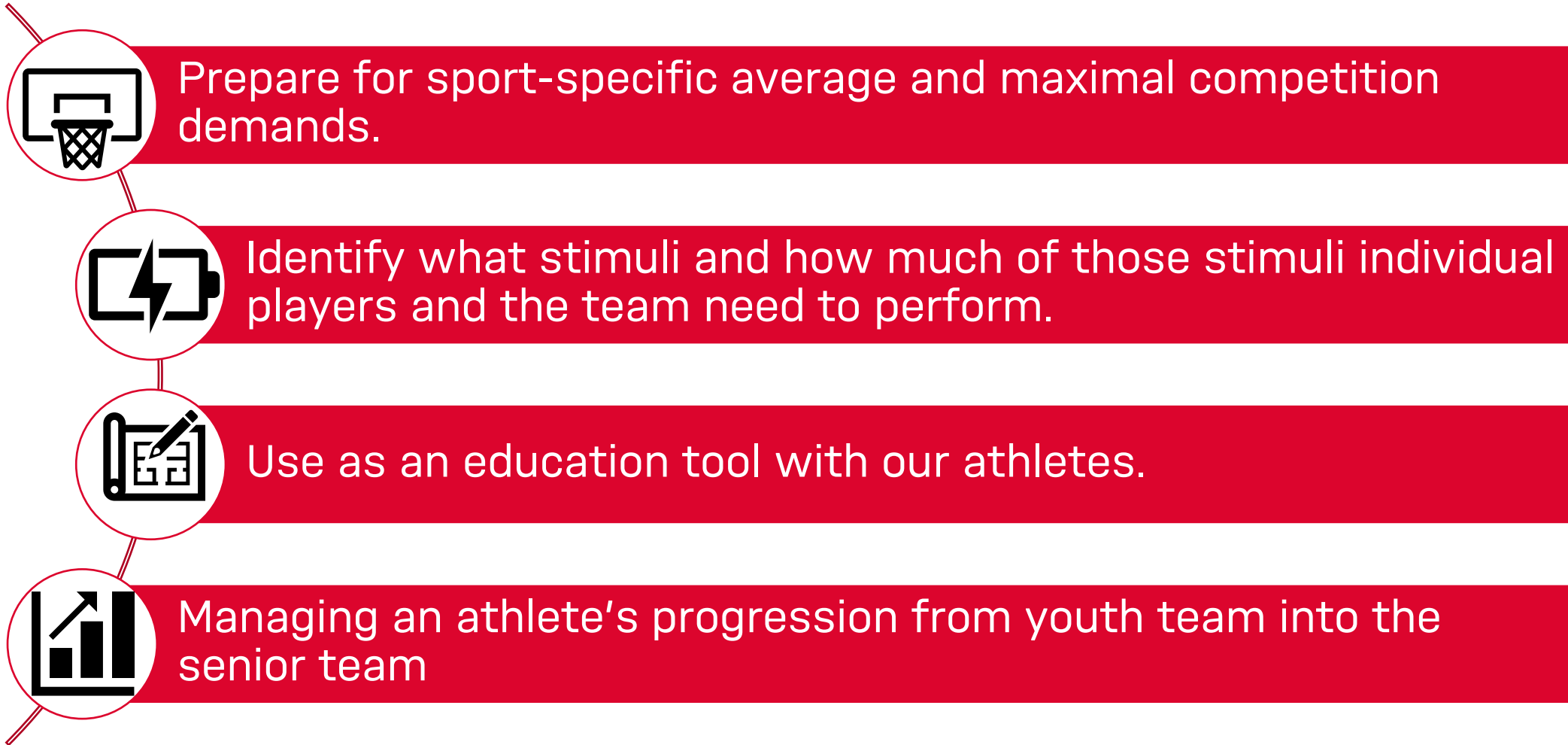
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# LOAD MANAGEMENT IN TALENT DEVELOPMENT



# LOAD MANAGEMENT IN TALENT DEVELOPMENT



# DISCUSSION

# Advantages

Injury  
prevention

High Loads

Performance

Monitoring  
to learn

# DISCUSSION

## Room to improve

Combine  
external and  
internal  
parameters

Add Context  
of the athlete

Validation of  
more  
Parameters  
for Basketball

Mountain of  
Data

# LITERATURE



- Arazi, H., Asadi, A., Khalkhali, F., Boullosa, D., Hackney, A. C., Granacher, U., & Zouhal, H. (2020). Association Between the Acute to Chronic Workload Ratio and Injury Occurrence in Young Male Team Soccer Players: A Preliminary Study. *Frontiers in Physiology, 11*, 608. <https://doi.org/10.3389/fphys.2020.00608>
- Gabbett, T. J., & Whiteley, R. (2017). Two Training-Load Paradoxes: Can We Work Harder and Smarter, Can Physical Preparation and Medical Be Teammates? *International Journal of Sports Physiology and Performance, 12*(Suppl 2), S250-S254. <https://doi.org/10.1123/ijsp.2016-0321>
- Griffin, A., Kenny, I. C., Comyns, T. M., & Lyons, M. (2020). The Association Between the Acute:Chronic Workload Ratio and Injury and its Application in Team Sports: A Systematic Review. *Sports Medicine (Auckland, N.Z.), 50*(3), 561–580. <https://doi.org/10.1007/s40279-019-01218-2>
- Murray, N. B., Gabbett, T. J., Townshend, A. D., & Blanch, P. (2017). Calculating acute:Chronic workload ratios using exponentially weighted moving averages provides a more sensitive indicator of injury likelihood than rolling averages. *British Journal of Sports Medicine, 51*(9), 749–754. <https://doi.org/10.1136/bjsports-2016-097152>
- Nobari, H., Alijanpour, N., Martins, A. D., & Oliveira, R. (2022). Acute and Chronic Workload Ratios of Perceived Exertion, Global Positioning System, and Running-Based Variables Between Starters and Non-starters: A Male Professional Team Study. *Frontiers in Psychology, 13*, 860888. <https://doi.org/10.3389/fpsyg.2022.860888>
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- West, S. W., Clubb, J., Torres-Ronda, L., Howells, D., Leng, E., Vescovi, J. D., Carmody, S., Posthumus, M., Dalen-Lorentsen, T., & Windt, J. (2021). More than a Metric: How Training Load is Used in Elite Sport for Athlete Management. *International Journal of Sports Medicine, 42*(4), 300–306. <https://doi.org/10.1055/a-1268-8791>

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# An Assessment-based approach for individualization in Basketball - strength and conditioning

Dennis Thannhäuser



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# GPS ≠ world map

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Tune the engine up? Searching for the weakest link leads to the greatest boost in Performance



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# Assessment—> Intervention

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Anthropometry

Body composition. —> Lifestyle/sleep/Food, Training Volume

Bloodwork—> Food intolerances, micronutrient status, etc

Aerobic capacity—> energy system

Anaerobic capacity —> energy System and strength levels

Biomechanics—> exercise selection

Strength—> Energy system, Training Volume, Training intensity

Structural Balance—> exercise selection

Neurotransmitter—> nutrition, Training volume and supplementation

Sleep tracker—> Lifestyle, nutrition, supplementation

Explosivness (jumps/sprints), exercise selection

Muscle fiber Distribution

Etc etc...



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# Body composition

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Guards < 8.5%

Forwards < 9%

Bigs <10%

\*Svilar, Luka (2020), **physical Performance in Elite Basketball**, 2. Edition, Croatia



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# Body composition

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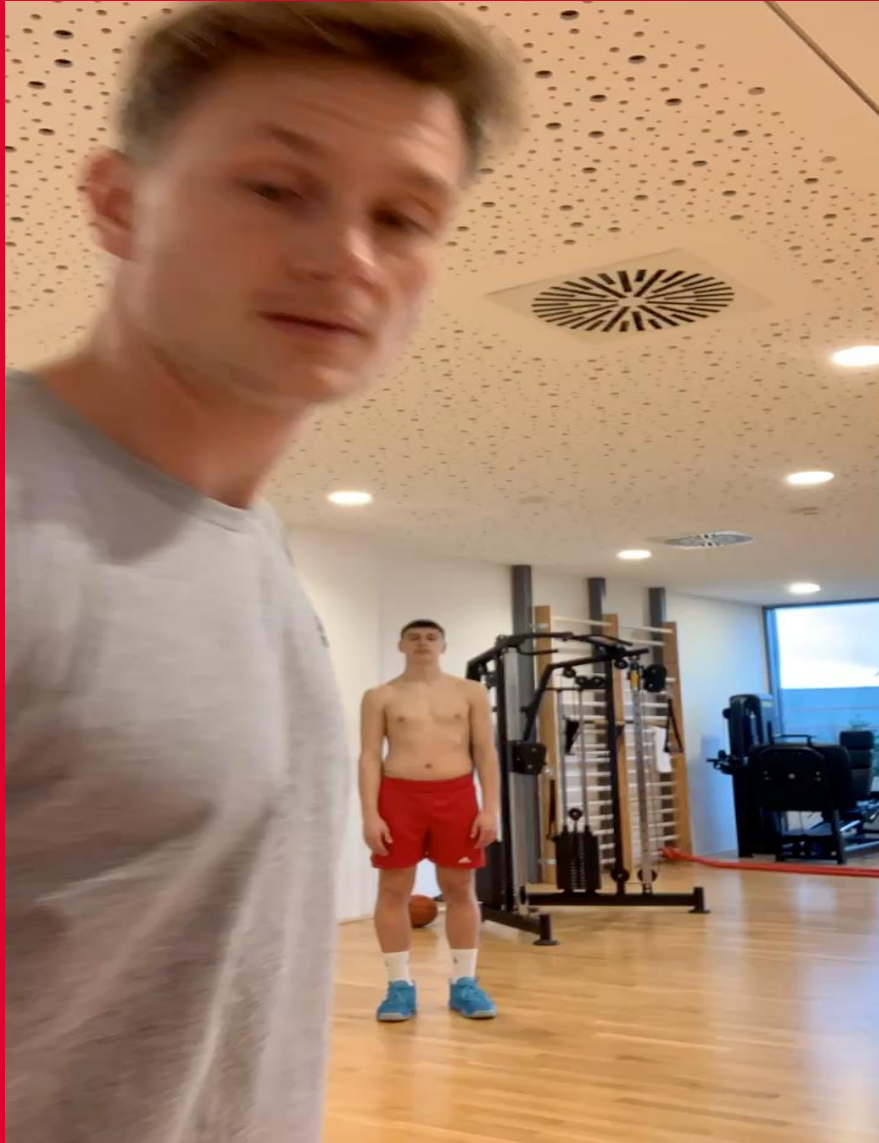
Functional Musclemass is one of the best injury preventions we know of and enhances Performance

Excess amount of Bodyfat increases risk of injury and reduces Performance



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# Body composition



## 13 Skinfolds

1. chin
2. cheek
3. Pectoralis -> aromatase
4. Triceps -> dhea/testosteron/recovery?
5. Subscap -> nutrition
6. Mid Axillary: thyroid, Stress, Sugar, Heavy metals
7. Suprailliac: Bloodsugar, nutrition
8. Umbilical: cortisol/ gut/recovery?
9. Knee: Phase 1 detoxification
10. Calf: sleep, hgh, Melatonin, serotonin
11. Quadrecepts: Detox gut
12. Hamstrings: Detox liver
13. biceps: free T



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# Biomechanics

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First 3 Tests I constantly do

1. Overhead squat
2. klatt Test
3. Modified Thomas Test



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# Biomechanics- Overheadsquat

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# Biomechanics- Klatt Test



ALL



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# Biomechanics – Modified Thomas

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# Quick Fix:

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Strengthen what's weak  
Stretch what's tight



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# Structural Balance Assessment

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A chain is only as strong as it's weakest link

Statistically Basketball Players have 4 weak links:

Erectors

Vastus medialis

Hamstrings

Scapula Retactors

Via documentation I am constantly looking for the weakest Lift



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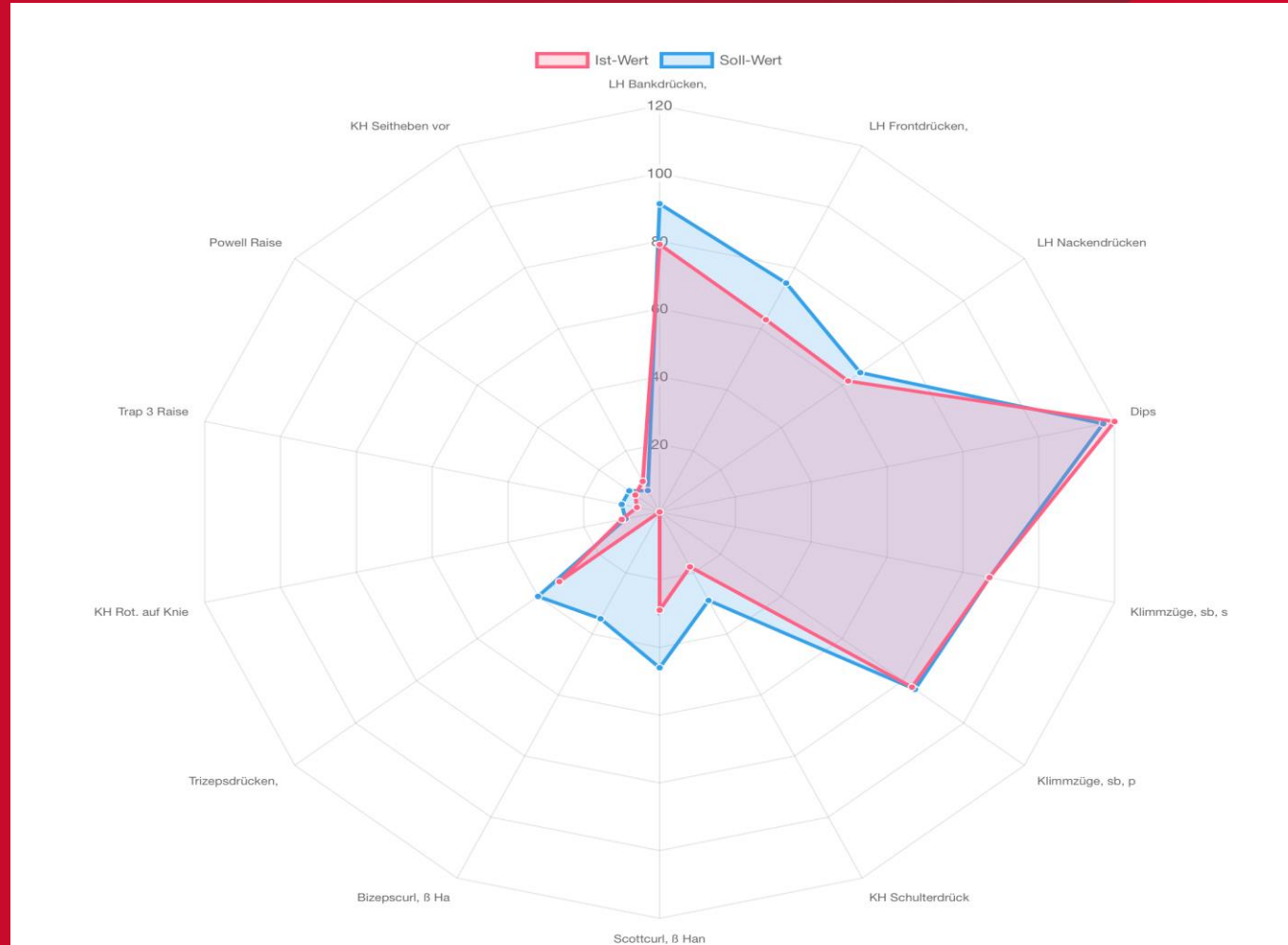
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# Upper Body

Oberkörper	Ist-Wert	Ist-Prozent	Soll-Wert	Soll-Prozent	Ausführungsdatum
LH Bankdrücken, flach	120.00	100%	120.00	100%	11. Jan 2023
LH Bankdrücken, 45°	95.00	79%	109.20	91%	11. Jan 2023
LH Frontdrücken, stehend	76.00	63%	90.00	75%	11. Jan 2023
LH Nackendrücken, sitzend	75.00	62%	79.20	66%	11. Jan 2023
Dips	145.00	120%	140.40	117%	11. Jan 2023
Klimmzüge, sb, sup	105.00	87%	104.40	87%	11. Jan 2023
Klimmzüge, sb, pron.	100.00	83%	100.80	84%	11. Jan 2023
KH Schulterdrücken, sitzend	22.00	18%	34.80	29%	11. Jan 2023
Scottcurl, $\beta$ Hantel, sitzend	35.00	29%	55.20	46%	11. Jan 2023
Bizepscurl, $\beta$ Hantel, stehend, pron.	30.56	25%	42.00	35%	11. Jan 2023
Trizepsdrücken, $\beta$ Hantel, liegend	40.00	33%	48.00	40%	11. Jan 2023
KH Rot. auf Knie	12.31	10%	10.80	9%	11. Jan 2023
Trap 3 Raise	7.69	6%	12.00	10%	11. Jan 2023
Powell Raise	10.77	8%	12.00	10%	11. Jan 2023
KH Seitheben vorgebeugt	12.31	10%	8.40	7%	11. Jan 2023

# Structural Balance

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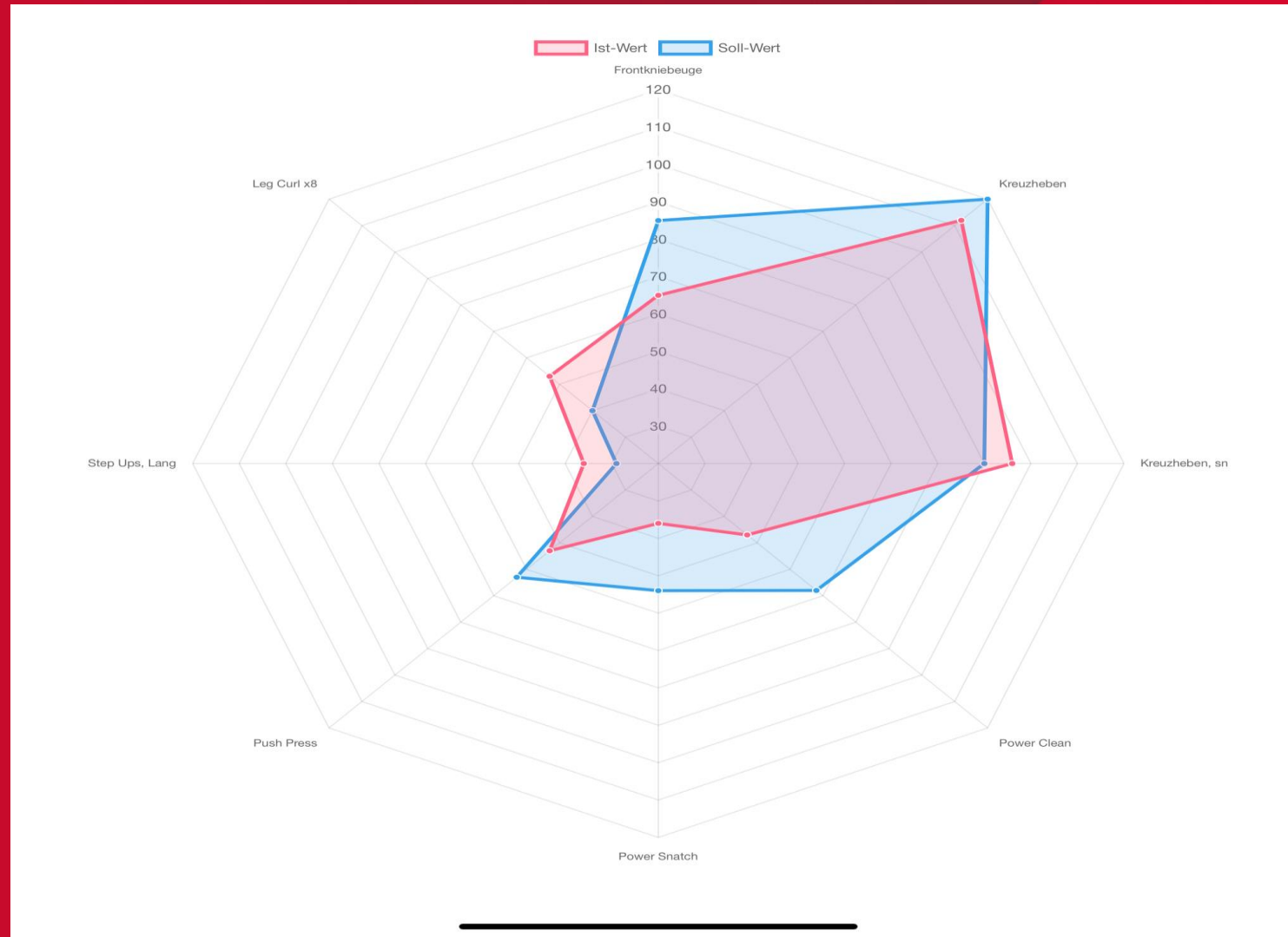
# Lower Body

Unterkörper	Ist-Wert	Ist-Prozent	Soll-Wert	Soll-Prozent	Ausführungsdatum
<b>Kniebeuge, Langhantel</b>	150.00	100%	150.00	100%	11. Jan 2023
<b>Frontkniebeuge, Langhantel</b>	98.00	65%	127.50	85%	11. Jan 2023
<b>Kreuzheben</b>	168.42	112%	180.00	120%	11. Jan 2023
<b>Kreuzheben, snatch grip</b>	145.00	96%	135.00	90%	11. Jan 2023
<b>Power Clean</b>	71.58	47%	102.00	68%	11. Jan 2023
<b>Power Snatch</b>	55.00	36%	81.00	54%	11. Jan 2023
<b>Push Press</b>	80.00	53%	94.50	63%	11. Jan 2023
<b>Step Ups, Langhantel</b>	55.00	36%	43.50	29%	11. Jan 2023
<b>Leg Curl x8</b>	80.00	53%	60.00	40%	11. Jan 2023



# Structural Balance

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Thank you for your attention



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# POINT GUARD

by Pablo Laso

Who can be a point guard? Let's start with the key criteria for a point guard:

## 1) Skills

- a. Ball handling - Capacity of dribbling the ball with quickness, speed and control.
  - Ball has to become a part of the body.
  - Avoid pressure defense.
  - Make sure to watch the game not the ball while dribbling.
  - Be able of changing hand of control, cross over, between the legs, behind the back....
- b. Passing
  - i. Technique
    - Passes with both hands and one hand, skip-, long- overhead- and baseball passes
  - ii. Vision and timing
    - Choose the correct target
    - Differences between inside and outside passes
    - Fast break passes
    - Short distance passes
    - Looking for shooters at the right time
- c. Shooting
  - Be a threat on the court
  - Capacity of score different positions
  - Off the dribble, driving to the basket, or against floating defenses
  - Punishing helps with a good catch and shoot release
  - Distance to create space for the others
  - Free throw %, KEY at the end of games.
- d. On Ball defense
  - Put pressure on the ball
  - Create the defensive tone for the rest of the team
  - 1x1 situations, don't get beaten

e. Off Ball defense

- Read situations
- Control own man, but the ball
- Try to deny the ball from your man
- Look for steals on passing lanes, or other players dribble, post players
- Use of the body, create charges

f. Defending minimum 2 positions

Good player should be able to defend two different positions on the court. For the point guard that would be usually the point guard (1) and the shooting guard (2) positions. Therefore the coach has more possibilities to adjust the defensive line-ups in a game.

2) Athletic abilities

Somehow you have to be over your opponents, physically prepared.

a. Size or quickness?

- Size can give you some advantages on situations.
- Quickness is a key to be able to compete against, for example bigger players.

b. Agility

- Good first step, important on covering short distance situations
- Correct and smart use of the hands

c. Endurance

- Be able to stay on the floor at the same speed, quickness, concentration, toughness throughout a game, tournament and season. That means have capacity of endurance.

3) Psychological abilities.

a. Pressure resistance

- Important moments of the game
- Be the coach on the floor
- Special situations with referees, opponents, teammates

b. Visualization

- Read situations on the floor. Foul trouble, time, ...
- What can happen or what do we want to make happen

#### 4) Social Skills

##### a. Unselfishness

- Always the team in front of you
- Sacrifice for the rest
- Look for the best option, not your option

##### b. High communication motor

- Be able to speak on different ways to different players
- Same with the coach, referees, media, ...

#### 5) Leadership Skills

##### a. Leading by example

- Don't ask for things that you cannot do, or demonstrate that WE can do.
- In practice. KEY of the leadership.
- Outside the court. How do you want your teammate to see you.

##### b. Industriousness

- Be the first one in the gym and the last leaving it.

##### c. Caring

- Take care of your teammates on and off the floor.
- Solve team problems

##### d. Natural authority

- Whenever you say something or you give orders the team should be taken it for granted. If the players start discussing and undermining your decisions you will have problems going in the same direction as a team.
- Sometimes you have to make yourself seen and drawing the attention to you, raising your voice or getting in physical contact with the players by grabbing an arm, shoulder, etc. You can also use a break to address your point to a player or the team.

All these skills together form the perfect point guard. Of course, no point guard has all of these skills equally developed, but every good point guard has parts of each skill.

When a coach is in the selection/ recruiting process, he should evaluate the following skills:

The first and most important skills necessary are the ones that you can see on a player at the first look. The ability of handling and passing the ball is the key. We are talking about a position where the player is going to have the ball in his hands a lot of times. Size and quickness, is something that you can visualize at the first look.

After that quick look at the player, you have to evaluate his reactions on the court. How is he communicating with his team mates is? Is he willing and capable to play for the team (unselfishness)? And of course, does he have the control of the game. Let's say, does he control what is happening on the court?

Some skills can be developed (e.g. basketball skills) and some skills (e.g. leadership skills) are naturally given.

Of course, pure basketball skills are easier to work on. Dribbling, Passing and Shooting can be improved through exercises.

Some of the important skills a great PG needs, are naturally given, e.g. communication. A shy player may have difficulties to be understood by the rest of the team. A person sometimes becomes automatically a leader within a group of friends just by being himself. This is the same way on a basketball team.

How can the coach help a point guard to be a better leader? A point guard must understand the game. A coach can teach by making the player understand situations in the game, by talking to him, watching games and showing him examples of good and bad reaction. Reminding him and enforcing him to decide to play one way or the other to make him realize that his own decisions are the key.

A point guard has to be demanding, but at the same time has to understand everybody. He is the one that is going to decide when, what and for whom a certain play is called. But he has to demand his teammates to do it the right way.

In practice, is very important that the coach is able to create a good relation with the point guard. He has to understand that we want to improve him and the team. As an example, if the point guard is asking for the ball, and they don't give it to him, the coach has to make sure that everybody knows, that he is the point guard and if he wants the ball it is for a good reason. "Okay?! So, give him the ball." Now it is important that the point guard makes a good decision. If he doesn't, the coach has to clearly tell him that WE (coach and point guard) made the team give him the ball; because he is our leader and that it is his responsibility to make good decisions for the team.

## **Abilities of a point guard:**

**1.) Leader** – “Leading by example” - No doubt one of the most important traits of a point guard. A leader isn't someone who leads players around. They are the ones that organize the offense and make sure everyone is on the same page as far as the offense and defense is concerned. They should take the heat when the team doesn't convert so they make sure everyone is on the same page. They should be the voice in the player huddle.

**2.) Understand/ Read the game** - A good PG has to understand the game in regards to different rhythms of the game. He has to decide when to slow the game down or when it is time to push the fast break. Also, when to raise the defensive effort.

He has to see when there are mismatches on the court.

In some situations and if he is really sure he also can adapt a coach's decision on the court, if necessary. This of course depends on the mentality and philosophy of to the coach and implies a good, trustful point guard - coach relationship.

**3.) Play with two speeds** - A high level point guard knows how to change speed. Guards who play full speed all the time can be effective in transition, but in the half court find themselves easier to guard if they are going at one speed at all times. Playing with two speeds enables a point guard to set their defender up at a slower speed and then when making a move change speeds to penetrate the teeth of the defense. Even if a guard isn't very quick they still can get in the lane and be a penetrator. It's all about setting up their defender and playing with two speeds

**4.) Give the ball to teammates where they will be successful** - I don't really like the phrase a point guard makes players better. They don't put the ball in the basket more for teammates or make them more athletic. No, a point guard understands where and when. Where on the floor to throw the ball to a player and when in the game to do so. A great point guard won't give the ball to an energetic center with little skill in transition 20 feet on the run. A point guard understands his team's strengths and weaknesses. He oversees who is hot or who should calm down. He will see if one of the team's best scorers hasn't touch the ball in a while and needs to be involved in the offense. He will recognize when the big points have to be made and who will be the person who can score in this phase of the game.

**5.) Have the ability to create for others** - A high level point guard has the ability to get into the lane and force an off the ball defender to help off their man to stop them from penetrating opening up another defender. Being able to get in the lane is so important for a point guard. It doesn't matter if that means through penetration (quick point guard) or post up (tall point guard). Ideally he can do both.

**6.) Jump shooting**-with today's tendency to P&R offenses and defenses to sag to the middle a point guard should be a solid threat from outside.

**7.) Great vision** - A great point guard keeps his eyes on not only the players that are guarding him, but also the help defenders. This enables them to force those help defenders to leave their men and open up opportunities for their teammates to have open looks. Having great vision in a point guard is so hard to find

**8.) Have the ability to be an on and off ball defender and be able to guard minimum two different positions (e.g. PG & SG)** - As a point guard it is so important to be able to keep the player that you are guarding in front of you. Not only is it your main goal to keep the opposing PG out of the lane but also to pressure him and keep him away from the spots where he wants to start his offense from. He needs to have good helpside position. His instinct for stealing a ball or intercepting a pass should be well developed (e.g. Ricky Rubio).

**9.) Communicator** - The other four positions on the floor can lead by example and be soft spoken, unfortunately a point guard can't. A great point guard is always talking and communicating to their teammates on both ends of the floor. They are the ones that are talking in player huddles and organizing their team. The point guard is the one that delivers their coach's directions and makes sure they get followed and communicated to the rest of the team. He needs to have the ability to push or calm down a player.

**10.) Tough/ self-confident/ positive** - The coach and the rest of the team are counting on them to be a leader they will be involved in most crucial situation of every game such as last shot offense etc. So toughness is a must for PG's.

A point guard needs to correct without criticizing. He should always be positive in order to give the team a strong self-confidence and the belief that they can win any game even in crucial situations.

FC BAYERN BASKETBALL

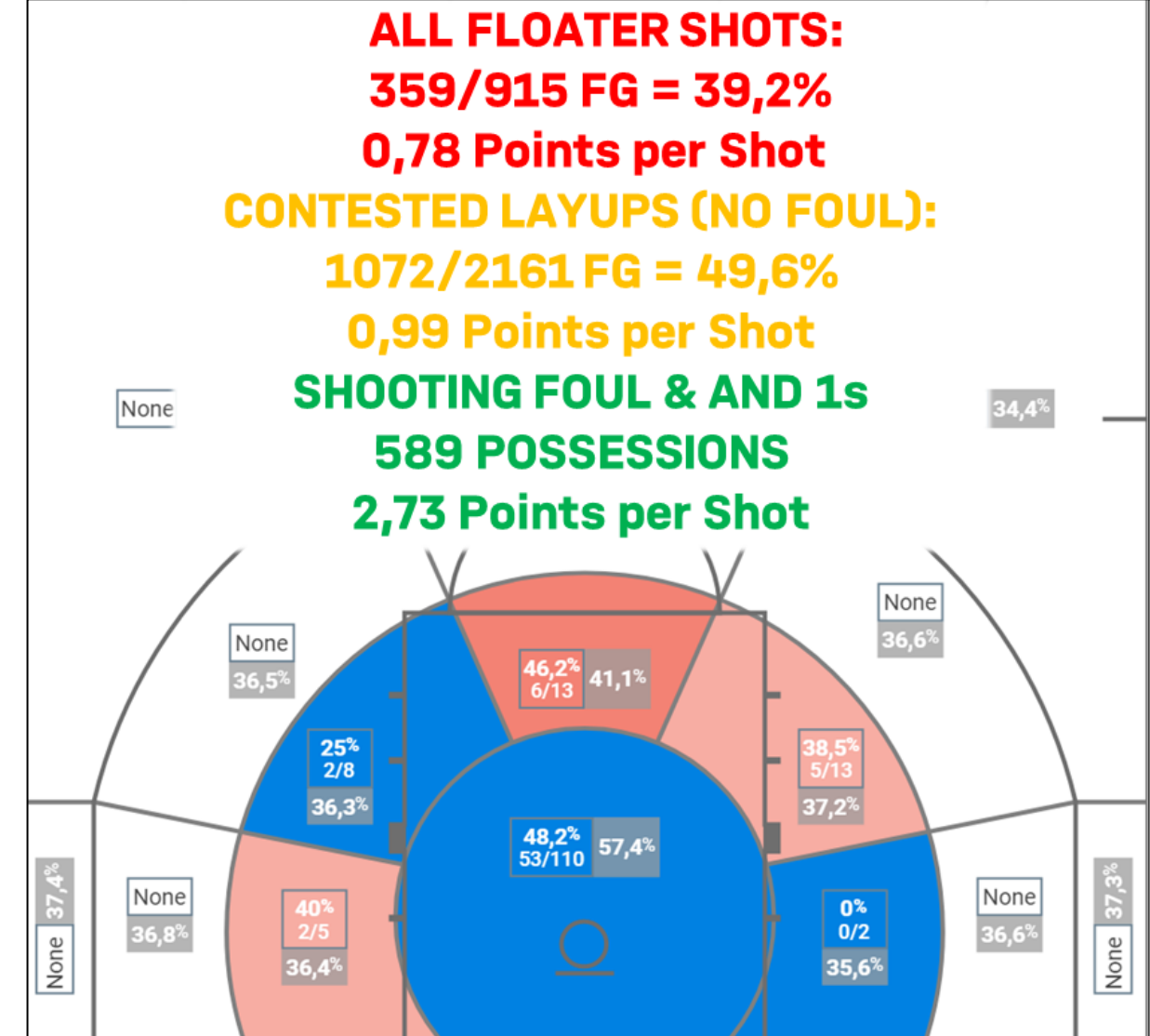
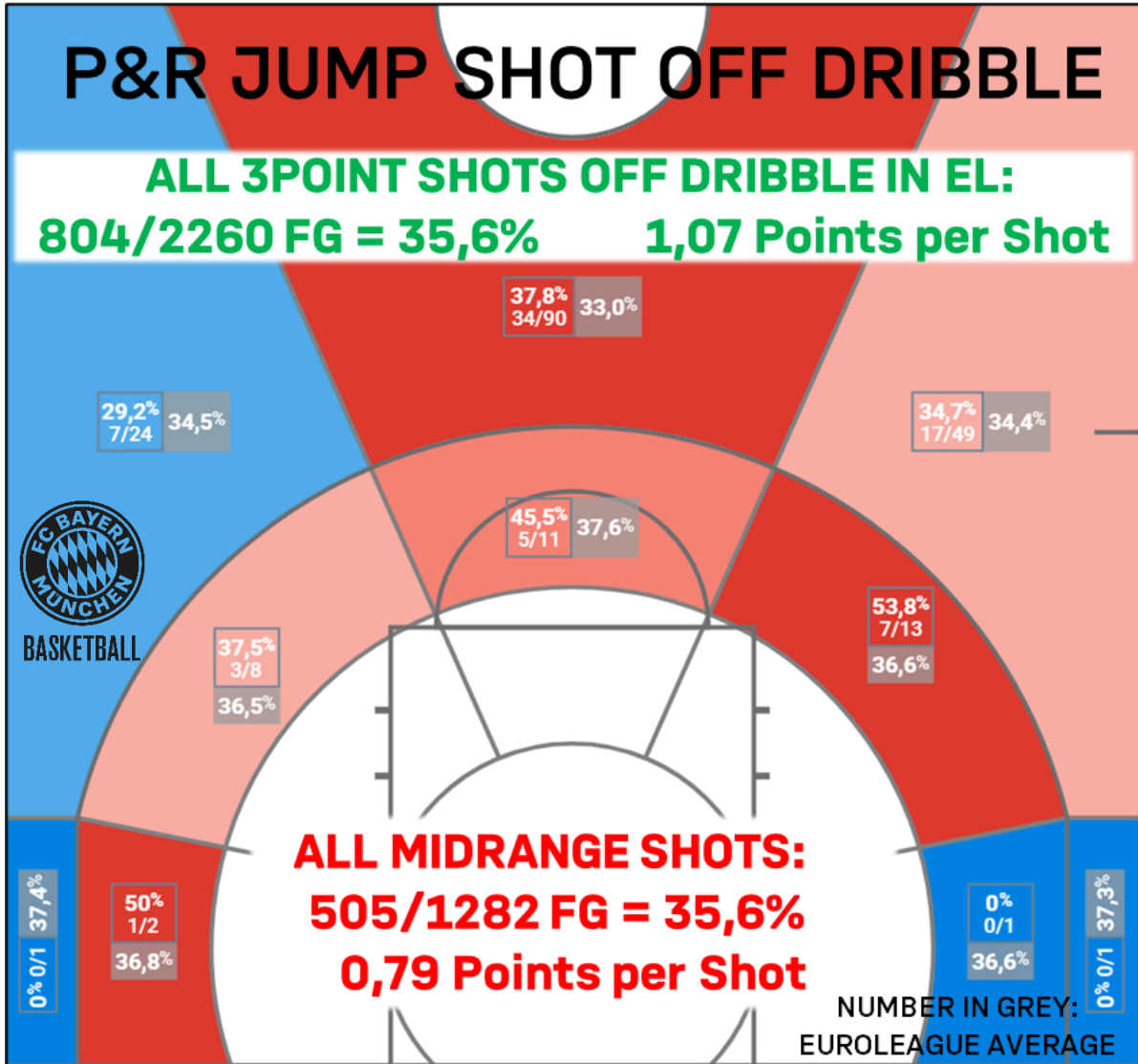
# SHOT QUALITY IN INTERNATIONAL BASKETBALL

January 21, 2023



BASKETBALL

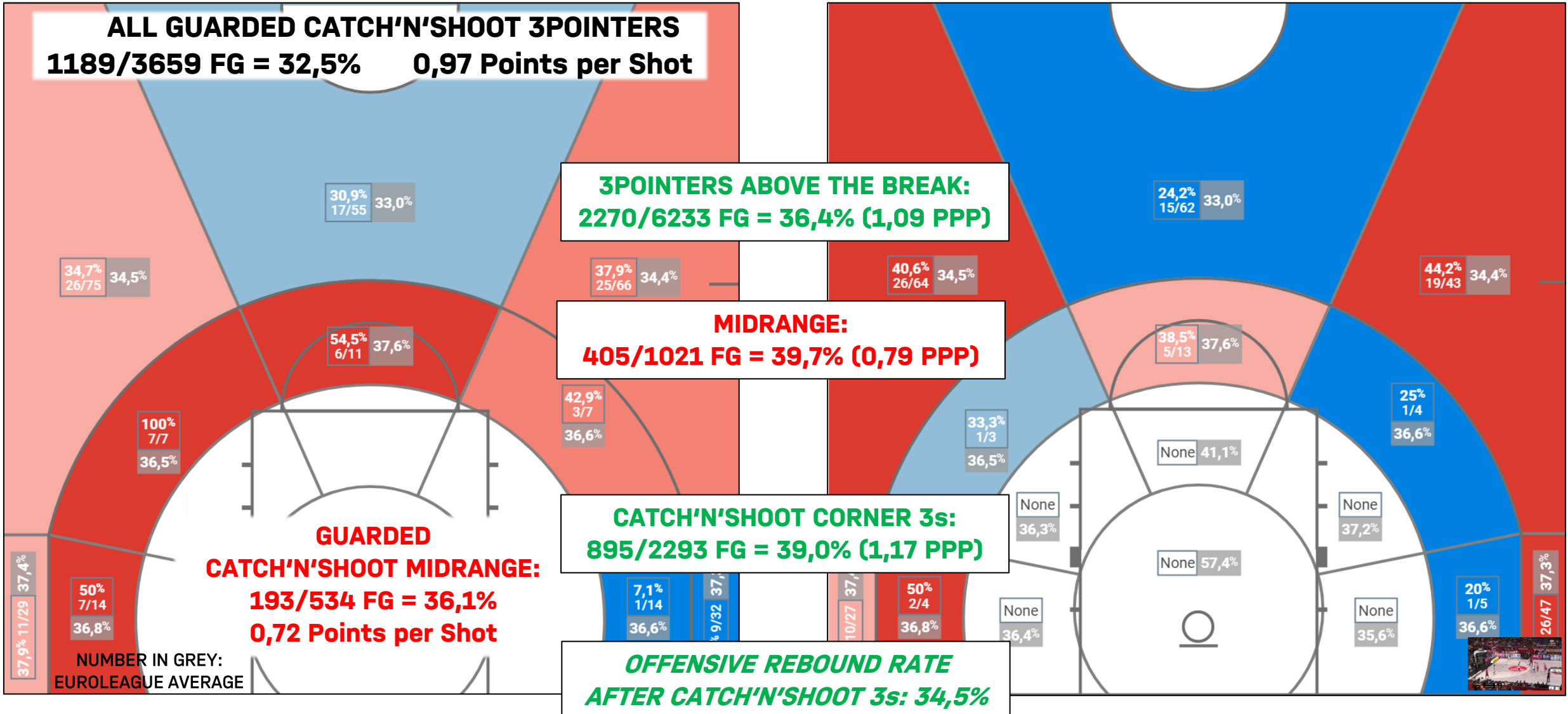
# PICK'N'ROLL BALL HANDLER SCORING IN EUROLEAGUE - 3POINTERS VS. MIDRANGE



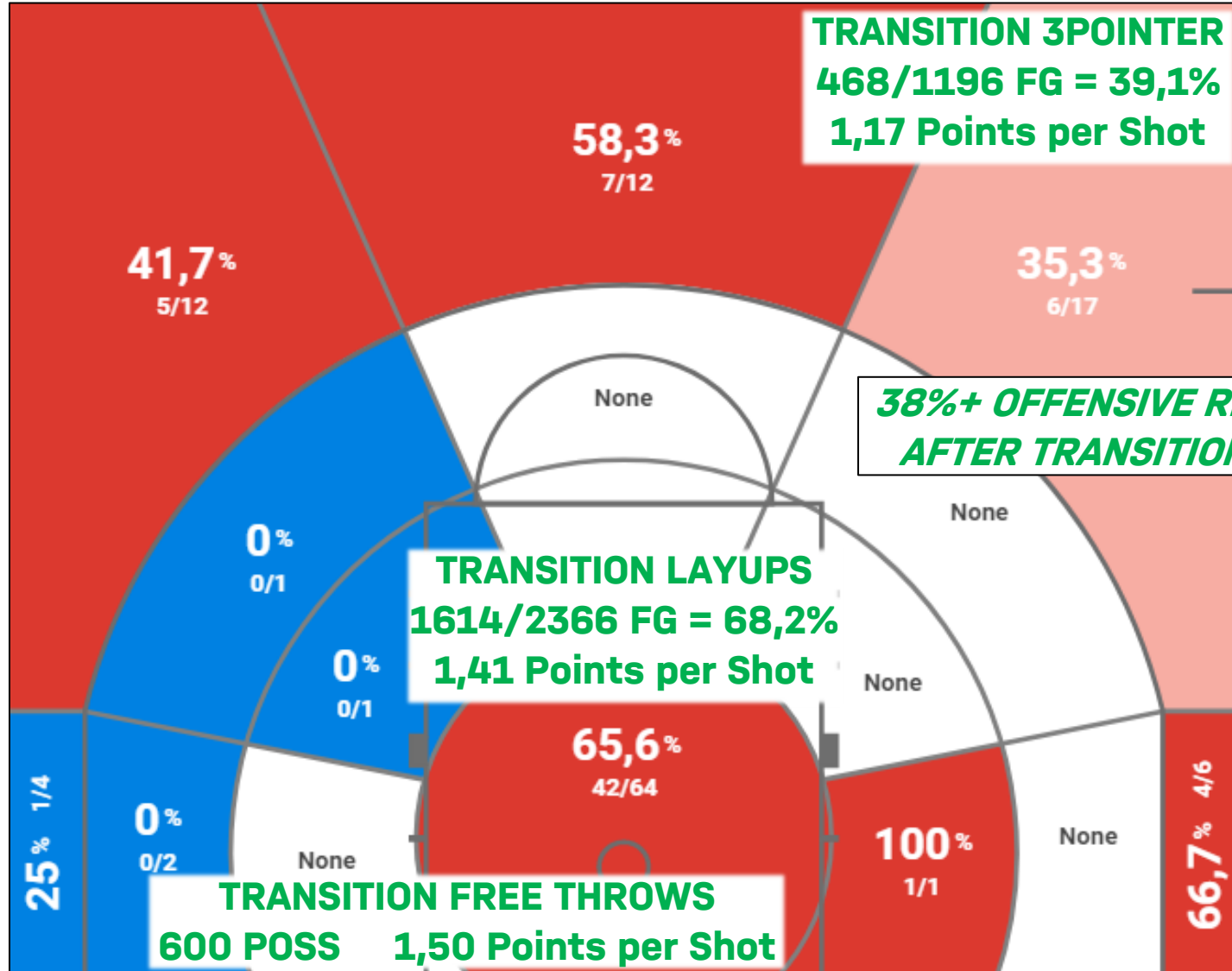


# CATCH'N'SHOOT EFFICIENCIES IN EUROLEAGUE - GUARDED CATCH'N'SHOOT

# UNGUARDED CATCH'N'SHOOT



# TRANSITION EFFICIENCIES IN EUROLEAGUE - 3POINTERS, OFFENSIVE REBOUNDS, LAYUPS AND FREE THROWS

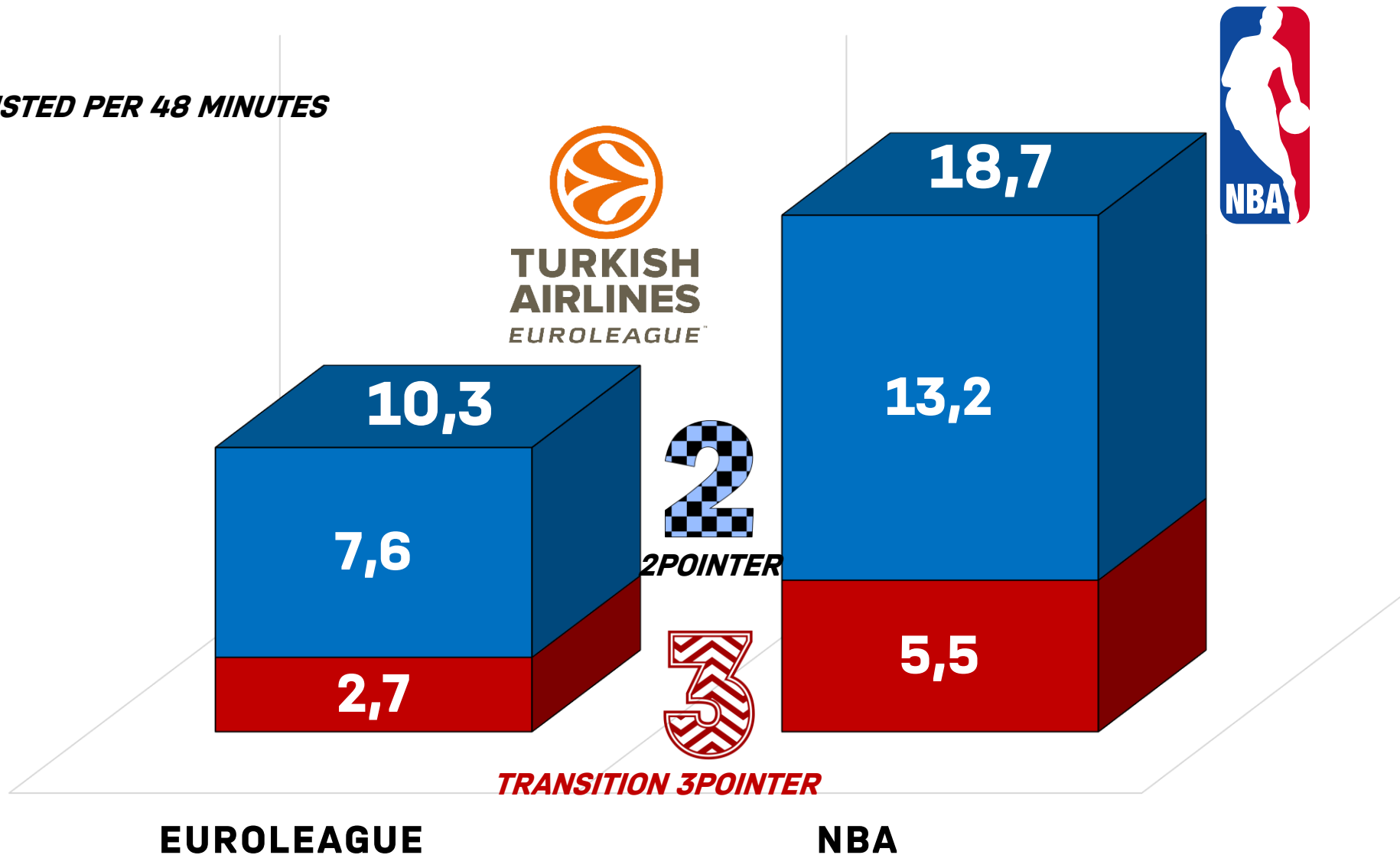


...Open 3pointers:  
383/260 FG = 1,23 PPS  
...Guarded 3pointers:  
85/260 FG = 0,98 PPS

**38%+ OFFENSIVE REBOUND RATE  
AFTER TRANSITION 3POINTERS**

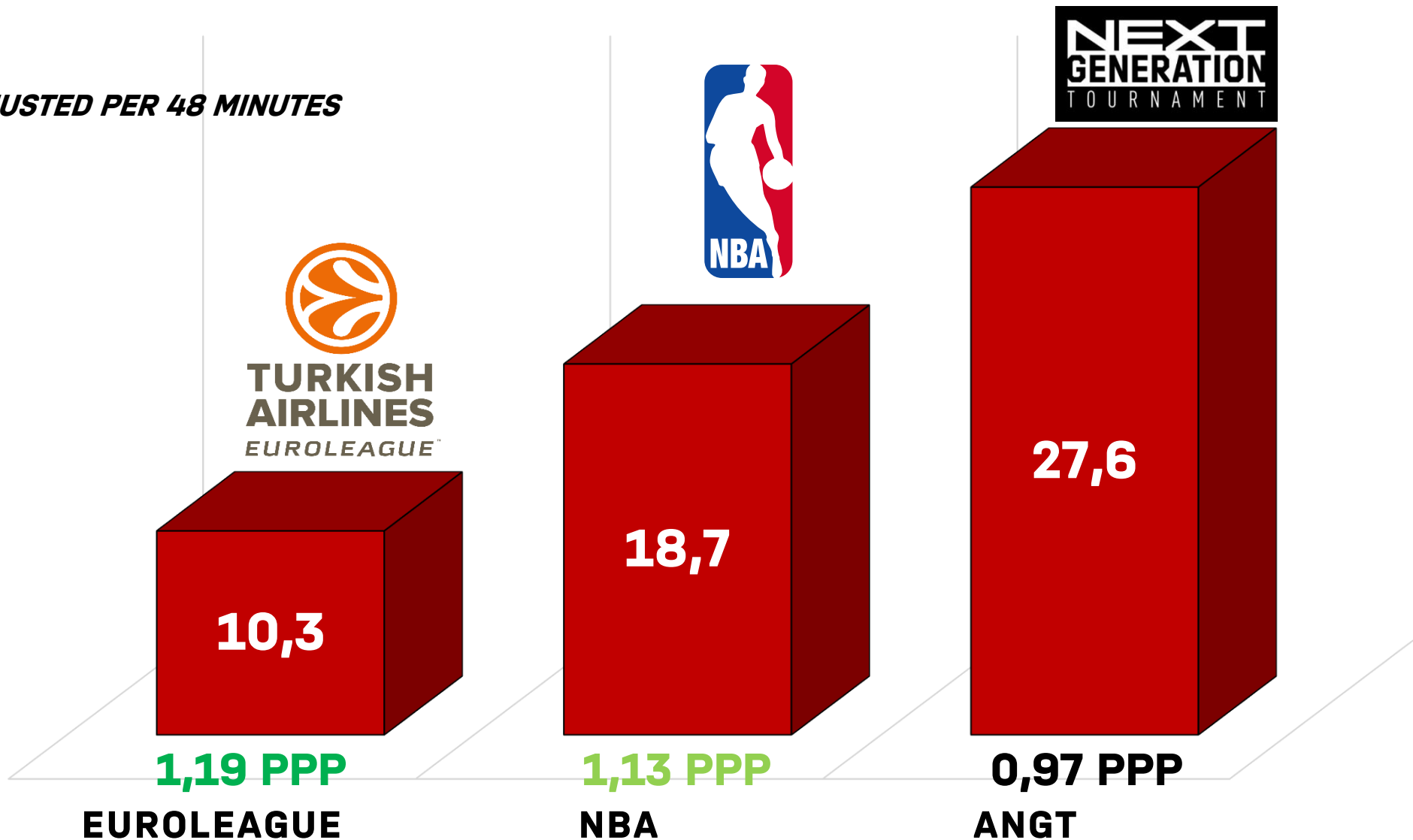
# TRANSITION VOLUME IN EUROLEAGUE & NBA

STATS ADJUSTED PER 48 MINUTES

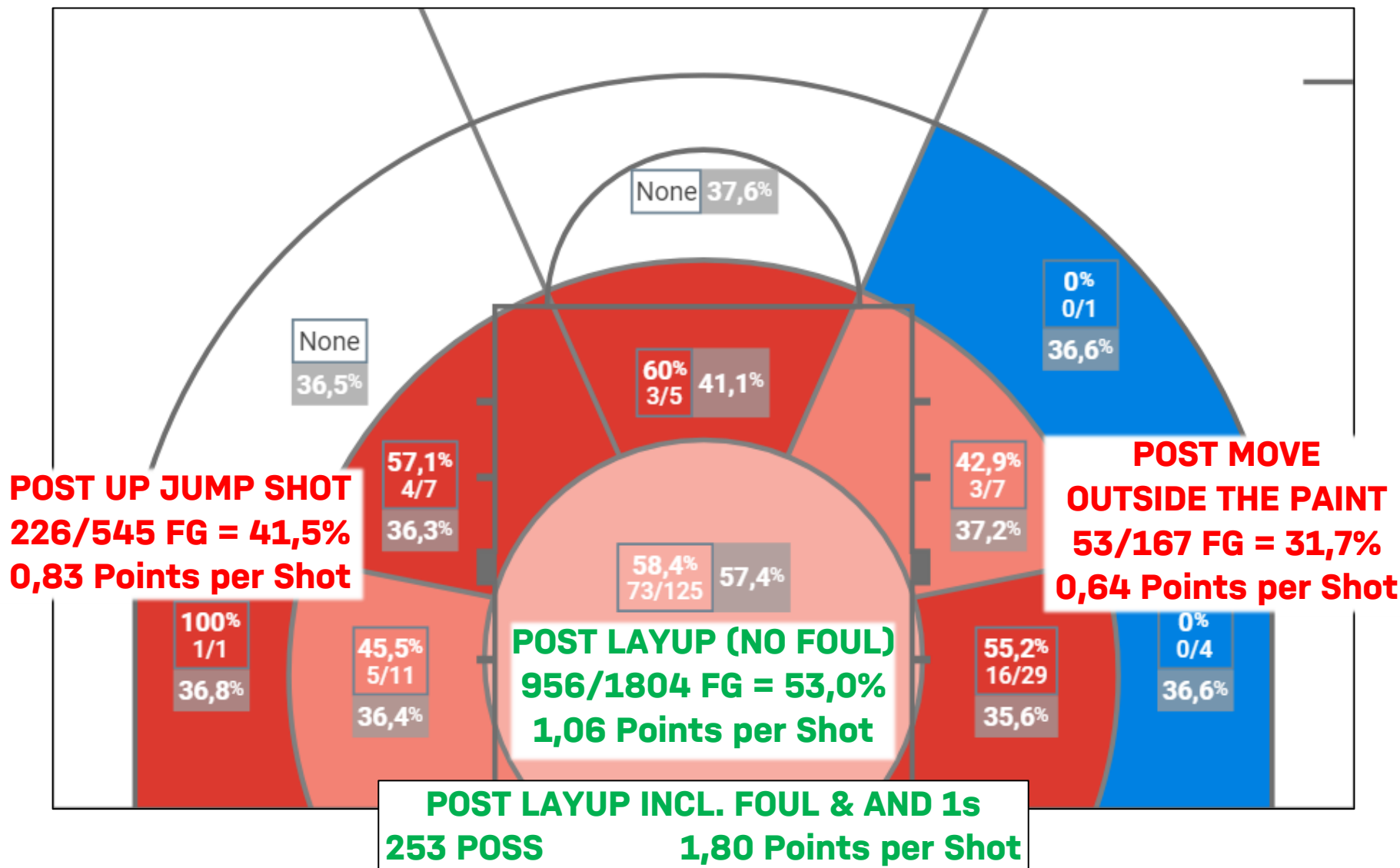


# TRANSITION VOLUME IN EUROLEAGUE, NBA & ANGT

STATS ADJUSTED PER 48 MINUTES

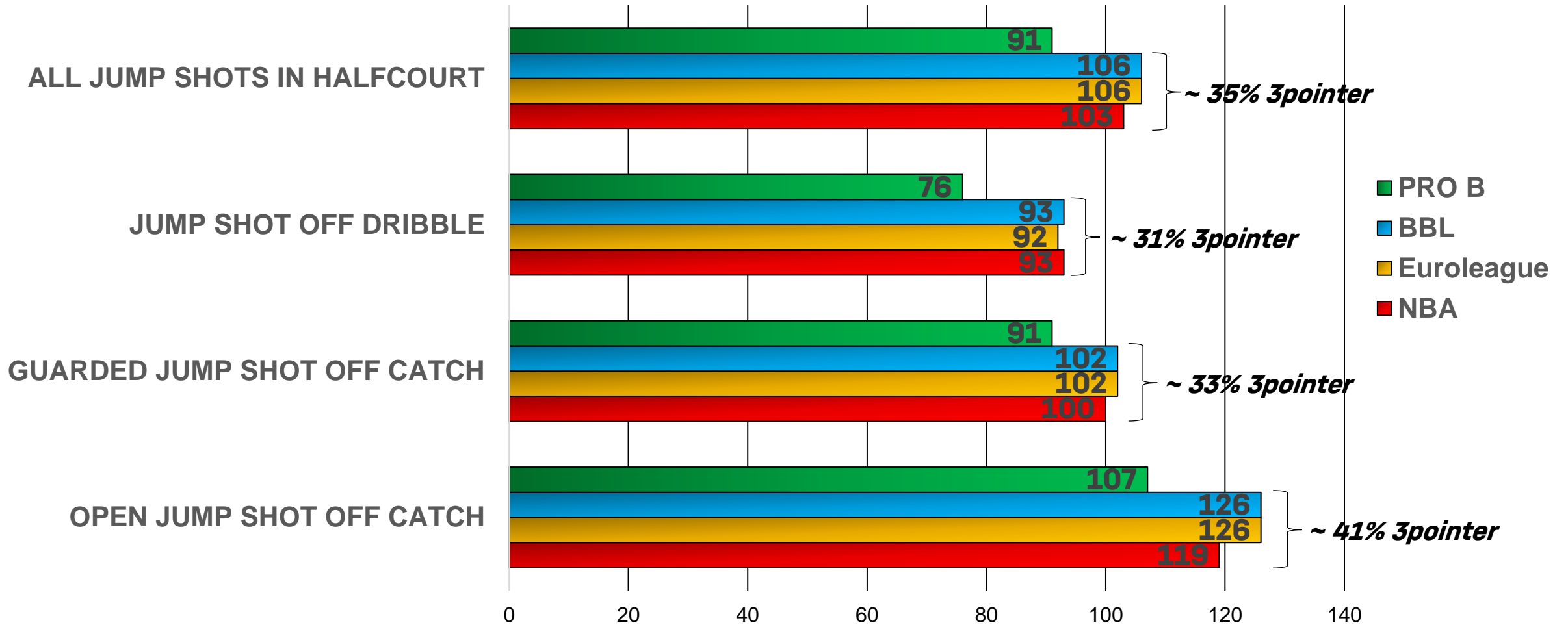


# POST UP EFFICIENCIES IN EUROLEAGUE - FINISHING INSIDE VS. OUTSIDE THE PAINT



# JUMP SHOT ANALYTICS: POINTS PER 100 SHOTS

## HALFCOURT EFFICIENCIES FROM NBA TO PRO B



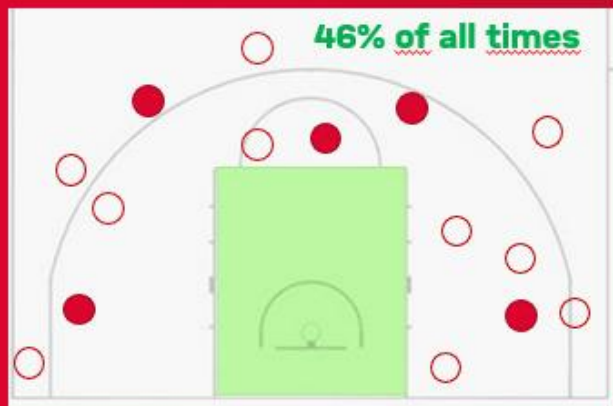
**ANALYTICAL RECOMMENDATION:**

**YOUTH PLAYERS SHOULD WORK ON THEIR JUMP SHOT TO REACH THE NEXT LEVEL**

# LIVE ANALYTICS: TRACKING PAINT TOUCHES

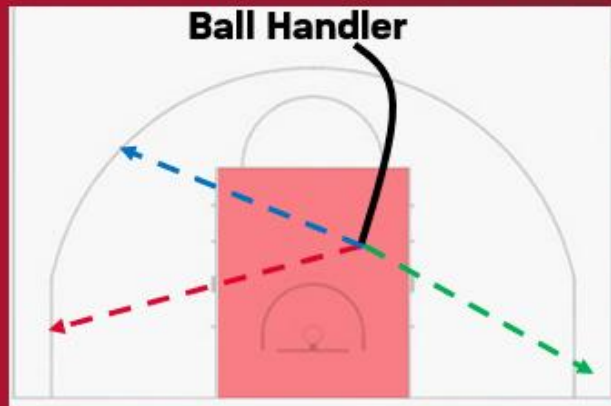
## WHY ARE WE GOOD AT DEFENSE?!

OPPONENT UNABLE TO GET PAINT TOUCH



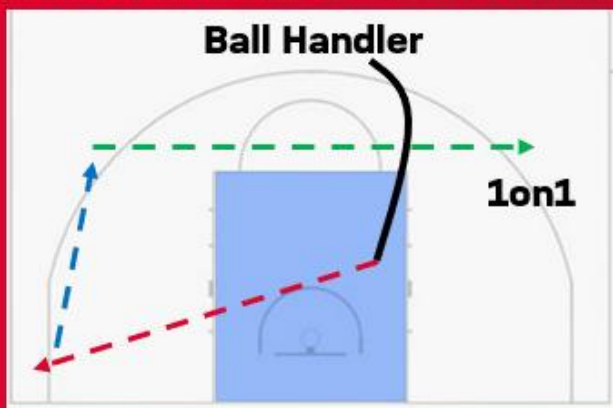
113 pts in 175 poss = 0,65 PPP

PAINT TOUCH, KICKOUT (max. 2 passes)



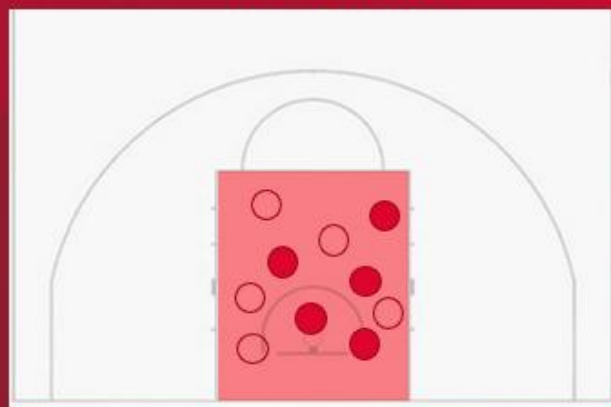
55 pts in 40 poss = 1,38 PPP

PAINT TOUCH, BUT DEFENSE RECOVERS



8 pts in 11 poss = 0,73 PPP

PAINT FINISH



162 pts in 152 poss = 1,07 PPP

PAINT TOUCH	NO PAINT	TURNOVER

...BECAUSE WE PROTECT THE PAINT!



# LIVE ANALYTICS: TRACKING TOUCH TIME

## POTENTIAL ASSIST VS. SELF-CREATED SHOTS

EUROLEAGUE 2020-21 | REGULAR SEASON | 25

19/02/2021 20:45 CET ASTROBALLE (Att. To be confirmed)

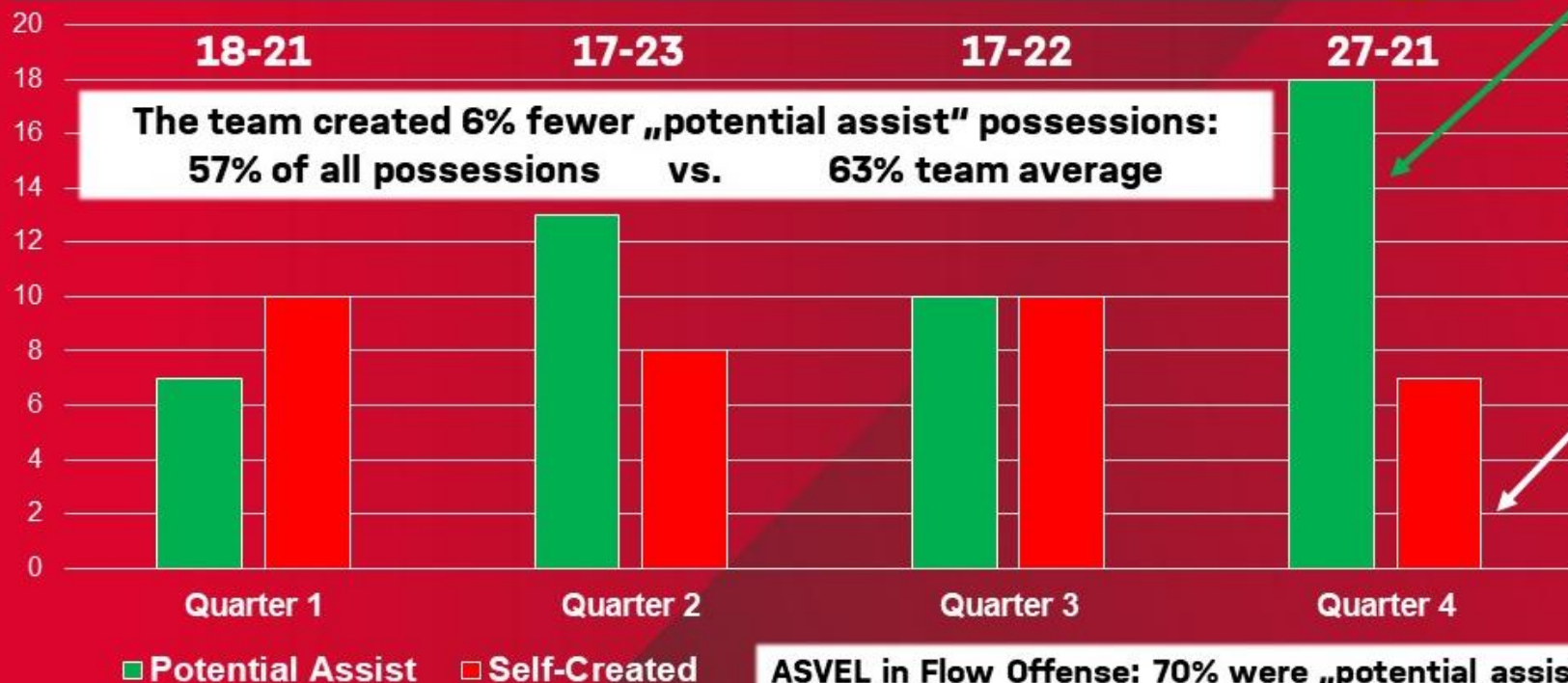
 LDLC ASVEL VILLEURBANNE

 FC BAYERN MUNICH

87	40:00	15 F 3 TO	1 QT	2 QT	3 QT	4 QT	OT
79		28 F 5 TO	21	23	22	21	0
			18	17	17	27	0

Shot from „Potential Assist“  
106 PTS/100

LESS THAN 2s	MORE THAN 2s	TURNOVER



The team created 6% fewer „potential assist“ possessions:  
57% of all possessions vs. 63% team average

Shot from „Self-Creation“  
Players keeps the ball longer than 2 seconds  
81 PTS/100

ASVEL in Flow Offense: 70% were „potential assisted“ shots





# SHOT QUALITY IN INTERNATIONAL BASKETBALL - COACHES HANDOUT

## EUROLEAGUE SHOT QUALITY ANALYSIS

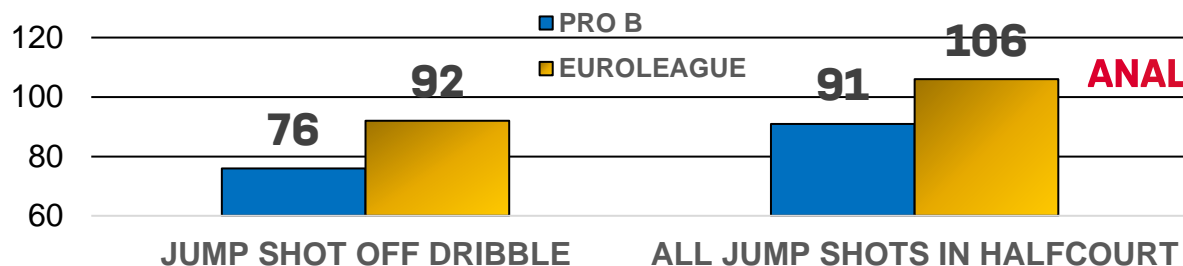
SHOT TYPE	POINTS PER SHOT	COACH CALL OFFENSE	COACH CALL DEFENSE
PICK'N'ROLL 3POINTER	1,07	„3POINTER OR LAYUP“	„UP TO TOUCH“
P&R MIDRANGE/FLOATER	0,78	„NO MIDRANGE, NO FLOATER“	„PLEASE TAKE THIS SHOT“
P&R LAYUP (NO FOUL)	0,99	„FINISH QUICK“	„MEET HIM AT THE RIM“
SHOOTING FOUL	1,50	„LOOK FOR CONTACT“	„MEET HIM AT THE RIM“
CATCH'N'SHOOT - OPEN	1,22	„EXTRA PASS“ - „WIDE CORNER“	„NO PAINT, EXTRA EFFORT“
CATCH'N'SHOOT - GUARDED	0,97	„CATCH'N'SHOOT AND REBOUND“	„FOOT ON 3POINT LINE“
CATCH'N'SHOOT - MIDRANGE	0,79	„NO MIDRANGE, EXTRA PASS“	„CONTAIN & CONTEST“
POST UP SEAL	1,30	„SEAL INSIDE“	„PRESSURE BALL OR FOUL“
TRANSITION LAYUP	1,41	„RUN IN TRANSITION“	„GET BACK OR FOUL“
TRANSITION 3POINTER	1,17	„MORE TRANSITION 3s“ - „REBOUND“	„BUILD A WALL“
POST UP MOVE (PAINT)	1,06	„GO STRONG“	„RESIST“ - „NO PAINT“
POST UP OUTSIDE PAINT	0,78	„GO STRONG“	„RESIST“ - „NO PAINT“
TURNOVER	0,00	„*\$%&/S“	„GOOD JOB“

## LIVE-ANALYTICS

LIVE-ANALYTICS	COACHES CALL
PAINT TOUCHES	„NO LAYUP - NO OPEN 3“
TOUCH TIME	„MORE TEAMPLAY“

PAINT TOUCH	NO PAINT	TURNOVER

LESS THAN 2s	MORE THAN 2s	TURNOVER



**ANALYTICAL RECOMMENDATION:  
EXTENDED WORK ON  
JUMP SHOOTING  
FOR YOUNG PLAYERS**

LIVE-ANALYTICS  
ANGT



FC BAYERN BASKETBALL

**THANKS!**

**HOW TO REACH OUT:**

**LINKED IN: JENS LEUTENECKER**

**JENS.LEUTENECKER@FCBAYERN.COM**



**BASKETBALL**



BOSTON CELTICS  
SCOUTING - A2Z  
01/22/22 - MUNICH



BOSTON CELTICS

# 17-TIME WORLD CHAMPIONS



**A GOOD ASSISTANT  
SHOULD BE ABLE TO  
DISTINGUISH BETWEEN THE  
OBVIOUS & THE  
NON-OBVIOUS**



**ETTORE MESSINA**

# WORLD OF SCOUTING



1

**ADVANCED SCOUT**

2

**VIDEO SCOUT**

3

**TALENT SCOUT**

# ADVANCED SCOUT

- IMPORTANCE OF PLAY-CALLS
  - = SERIES VS SET-PLAY
  - = TENDENCIES & LINE-UPS
  - = OFFENSE & DEFENSE



# ADVANCED SCOUT

- IMPORTANCE OF PLAY-CALLS
  - = SERIES VS SET-PLAY
  - = TENDENCIES & LINE-UPS
  - = OFFENSE & DEFENSE
- PREP-WORK
  - = EUROLEAGUE
  - = NATIONAL TEAM





# ADVANCED SCOUT

- IMPORTANCE OF PLAY-CALLS
  - = SERIES VS SET-PLAY
  - = TENDENCIES & LINE-UPS
  - = OFFENSE & DEFENSE
- PREP-WORK
  - = EUROLEAGUE
  - = NATIONAL TEAM
- IN-GAME POSITIONING
  - = ACROSS





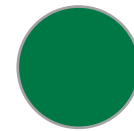
# POSITIONING = SEEING + HEARING



**HEAD COACH**



**PG**



**BOTH BENCHES**

# ADVANCED SCOUT

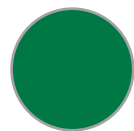
- IMPORTANCE OF PLAY-CALLS
  - = SERIES VS STAND-ALONE
  - = TENDENCIES & LINE-UPS
  - = OFFENSE & DEFENSE
- PREP-WORK
  - = EUROLEAGUE
  - = NATIONAL TEAM
- IN-GAME POSITIONING
  - = ACROSS
- SYSTEM
  - = PAPER-FORMAT
  - = LIVE VIDEO FORMAT



# — PLAY-CALLS & NUANCES

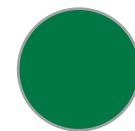
- 2-3 PRIOR GAMES
- LANGUAGES
- HISTORY OF COACHES
- CONTEMPORARY

# PLAY-CALLS & SEGMENTS



## TRANSITION OPTIONS

- STRUCTURED  
= CLUB VS NATIONAL TEAM (TIME)
- FREE FLOW  
= EL VS NBA



## SET-OFFENSES

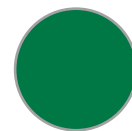
- SERIES VS SET
- CLASSIC ASSOCIATIONS  
= US VS EUROPE

# PLAY-CALLS & SEGMENTS



## TRANSITION OPTIONS

- STRUCTURED  
= CLUB VS NATIONAL TEAM (TIME)
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= EL VS NBA



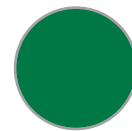
## SET-OFFENSES

- SERIES VS SET
- CLASSIC ASSOCIATIONS  
= US VS EUROPE



## BLOB & SLOB

- BLOB  
= QUICK VS SHORT
- SLOB  
= SET PLAYS



## SPECIALS

- SET: END OF CLOCK
- SET: END OF GAME
- SET: NEED 2 / NEED 3
- SLOB: DEEP CORNER

# DEFENSIVE PRINCIPLES

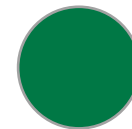
&

# TENDENCIES



## PNR DEFENSE

- MIDDLE VS SIDELINE VS STEPUP  
= SHOW/FLAT/SWITCH/VEER/  
ICE/UNDER/TRAP
- SPECIAL PNRs  
= TRANSITION  
= DEEP CORNER



## LOW POST DEFENSE

- FRONT VS 3/4
- 1<sup>ST</sup> HELP
- TRAPS



## SPECIALS

- PRESS DEFENSES
- ZONE DEFENSES
- END OF GAME TENDENCIES

# WORLD OF SCOUTING



**1**

**ADVANCED SCOUT**

**2**

**VIDEO SCOUT**

**3**

**TALENT SCOUT**



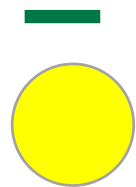
# VIDEO SCOUT

"VIDEO SCOUT APOLOGIST"





# THIS IS WHAT WE DO

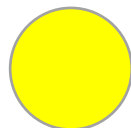


## PREP-WORK

- GAMES TO WATCH? HOW MANY?
- WHAT GAMES ARE RELEVANT?  
WHY? WHAT?

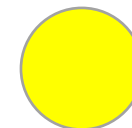


# THIS IS WHAT WE DO



## PREP-WORK

- GAMES TO WATCH? HOW MANY?
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WHY? WHAT?

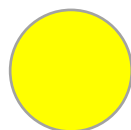


## FILTERING

- STAFF ORGANIZATION
- PROCESS

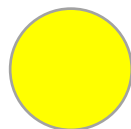


# THIS IS WHAT WE DO



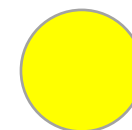
## PREP-WORK

- GAMES TO WATCH? HOW MANY?
- WHAT GAMES ARE RELEVANT?  
WHY? WHAT?



## PRESENTATION

- TIME & LENGTH
- STYLE
- UNIQUE PATTERNS



## FILTERING

- STAFF ORGANIZATION
- PROCESS

# PRESENTATION TYPES



## ROSTER STYLE

- 3 SESSIONS

# PRESENTATION TYPES

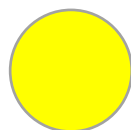
France PR Defense 'Flat'
France PR Defense 'show'
Attack vs France Defense
'switch'
PR 'under'
LP Defense
vs Spain PR
FAST BREAK
TRANSITION P/R
"2 Down" & "2 Side"
"Chest" Spain PR (slip)
"Shirt" DB Drag
"Horns"
"Head" Zipper

## DEF/OFF STYLE

- 4 SESSIONS

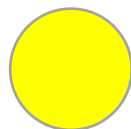


# THIS IS WHAT WE DO



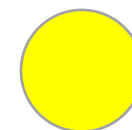
## PREP-WORK

- GAMES TO WATCH? HOW MANY?
- WHAT GAMES ARE RELEVANT? WHY? WHAT?



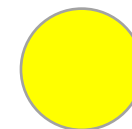
## PRESENTATION

- TIME & LENGTH
- STYLE
- UNIQUENESS



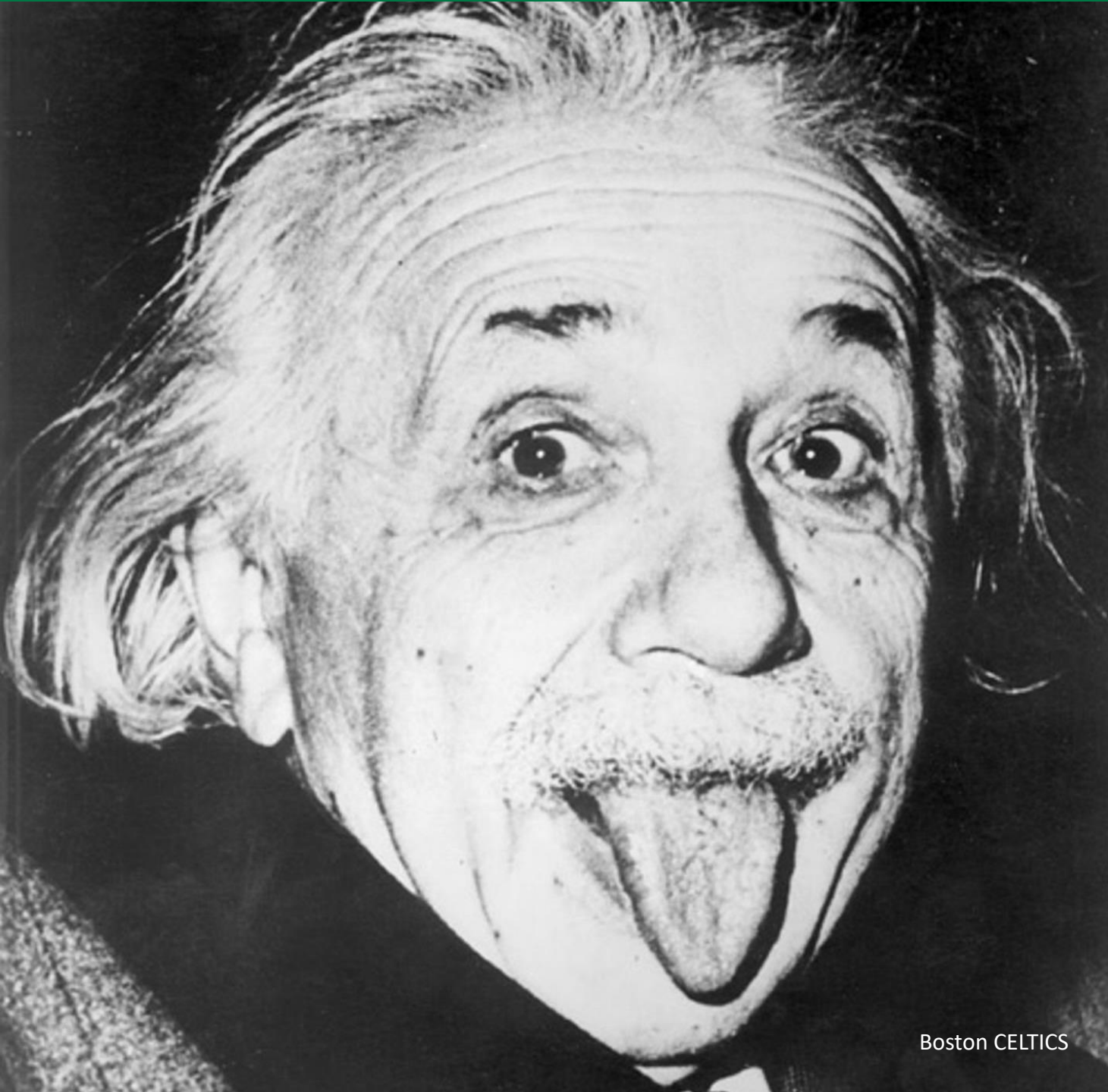
## FILTERING

- STAFF ORGANIZATION
- PROCESS



## POLITICS & NUANCES

- TO SHARE OR NOT TO SHARE?
- COMMITMENT TO PROCESS



Neil DeGrasse Tyson:

"My duty as a teacher and an educator is to figure out what you care about and how I can teach you things in a way that matter to you!"

VIDEO LESSONS:

GENIUS =SIMPLE



# WORLD OF SCOUTING



**1**

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**TALENT SCOUT**

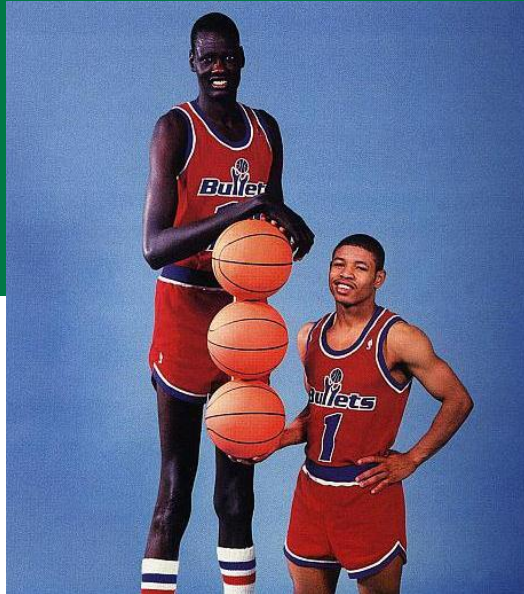
# TALENT SCOUT

"WHAT DO I NEED TO  
DO TO BECOME AN  
INTERNATIONAL SCOUT?"

- SCOUTING VS PROJECTING
- FREE AGENTS VS JUNIORS
- PROCESS OF ELIMINATION



# — 4 PILLARS OF SCOUTING



PHYSICAL TOOLS



STATISTICS

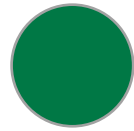


NATURAL TALENT



INTEL

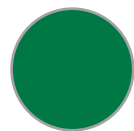
# 4 PILLARS



## PHYSICAL TOOLS

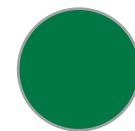
- MEASUREMENTS:  
WINGSPAN – REACH – OTHER: F.e.: GRIP
- EUROPE VS NBA

# 4 PILLARS



## PHYSICAL TOOLS

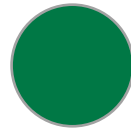
- MEASUREMENTS:  
WINGSPAN – REACH – OTHER: F.e.: GRIP
- EUROPE VS NBA



## ADV. STATISTICS

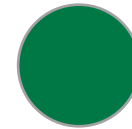
- TEAM:  
- TURNOVER & OR BATTLE  
= MORE POSSESSIONS
- PLAYER:  
PLUS/MINUS, AST/TO, CRASH %/OR%, 3PT/FT

# 4 PILLARS



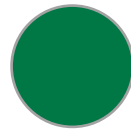
## PHYSICAL TOOLS

- MEASUREMENTS:  
WINGSPAN – REACH – OTHER: F.e.: GRIP
- EUROPE VS NBA



## ADV. STATISTICS

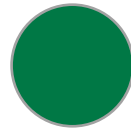
- TEAM:  
TURNOVER BATTLE/POSSESSIONS
- PLAYER:  
PLUS/MINUS, AST/TO, CRASH %/OR%, 3PT/FT



## NATURAL TALENT

- FEEL/MANIPULATION: 4 TIERS
- PROJECTION
- SKILL – POSITION

# 4 PILLARS



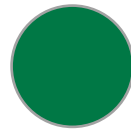
## PHYSICAL TOOLS

- MEASUREMENTS:  
WINGSPAN – REACH – OTHER: F.e.: GRIP
- EUROPE VS NBA



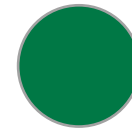
## ADV. STATISTICS

- TEAM:  
TURNOVER BATTLE/POSSESSIONS
- PLAYER:  
PLUS/MINUS, AST/TO, CRASH %/OR%, 3PT/FT



## NATURAL TALENT

- FEEL/MANIPULATION: 4 TIERS
- PROJECTION
- SKILL – POSITION



## INTEL & MORE

- CONTEXT
- QUESTIONS: Watch FILM?
- SOURCES/NETWORK
- POLITICS
- NCAA vs INTERNATIONAL



CHEMEX

VS

V60

FILTERS

---





# 4 CHANNELS



## CHANNEL #1: TEAMS

- COACHES / GMs / SPORTS DIRECTORS

# 4 CHANNELS



## CHANNEL #1: TEAMS

- COACHES / GMs / SPORTS DIRECTORS



## CHANNEL #2: AGENTS

- AGENTS & PLAYER REPS

# 4 CHANNELS



## CHANNEL #1: TEAMS

- COACHES / GMs / SPORTS DIRECTORS



## CHANNEL #2: AGENTS

- AGENTS & PLAYER REPS



## CHANNEL #3: SCOUTS

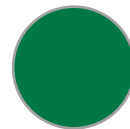
- COMPETITORS vs COLLEAGUES

# 4 CHANNELS



## CHANNEL #1: TEAMS

- COACHES / GMs / SPORTS DIRECTORS



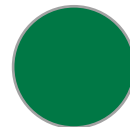
## CHANNEL #2: AGENTS

- AGENTS & PLAYER REPS



## CHANNEL #3: SCOUTS

- COMPETITORS vs COLLEAGUES



## CHANNEL #4: MEDIA

- PUBLIC SPEAKING / MEDIA APPEARANCES

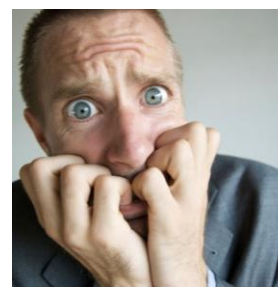


# A COUPLE MORE THINGS....



## PET PEEVE QUESTIONS

- "DO YOU LIKE HIM?"



## FOMO SCOUTING

- "HAVE YOU SEEN THIS KID YET ????????"



## ROLE-FIT

- STAR vs STAR
- ROLE vs ROLE
- NATIONAL TEAM vs CLUB

DAS WORT ZUM SONNTAG:

“DON'T BE MARRIED TO YOUR OPINIONS!”



BOSTON CELTICS  
SCOUTING - A2Z  
01/22/22 - MUNICH