



**Center for Basketball  
Methodology and Education**

**5th INTERNATIONAL  
BASKETBALL CONFERENCE**

*22-23 January 2024, National Basketball Academy, Pécs*

*"Excellence  
in Basketball"*



NGO  
NEMZETI  
SPORTTUDOMÁNYI ÉS SZAKTUDOMÁNYI  
KÖZPONT ZRT.



MAGYAR TESTNEVELÉSI  
ÉS SPORTTUDOMÁNYI  
EGYETEM



PÉCSI TUDOMÁNYEGYETEM  
UNIVERSITY OF PÉCS



DEBRECENI  
EGYETEM



RÁTGÉBER  
AKADÉMIA





# Center for Basketball Methodology and Education 5th INTERNATIONAL BASKETBALL CONFERENCE

22-23 January, 2024 National Basketball Academy, Pécs

## PROGRAM "Excellence In Basketball"

### DAY 1 - Monday (22 January)

8:45-9:30 Registration

9:30-11:00 On-Court Session

**Aleksandar Džikić, Filip Mihajlović**

Achieving the Desired Level of Aggressiveness and Focus in Defense

11:00-11:15 Opening Session

**Dr. Ádám Schmidt**

Secretary of State for Sports

**Márton Báder** - Hungarian Basketball Federation, president

**Prof. Dr. Pongrác Ács** - University of Pécs, Faculty of Health Sciences, dean

**Dr. habil. László Rátgéber, PhD**

Center for Basketball Methodology and Education, director

11:15-12:30 Plenary Session

**Dimitrije Cabarkapa, PhD, CSCS\*D, NSCA-CPT\*D, USAW**

How Important is Strength Training for Basketball Players?

12:30-12:45 Coffee Break

12:45-13:45 Plenary Session

**Aleksandar Džikić, Filip Mihajlović**

Pre-Season

13:45-14:45 Lunch Break

14:45-16:00 Plenary Session

**Dr. Francesco Cuzzolin, PhD**

Strength Training for Basketball, According to Game Model

16:00-17:00 Plenary Session

**Tibor Fülöp**

The Interpretation and Significance of Anaerobic Endurance in Ball Sports

17:00-17:10 Coffee Break

17:10-18:10 Plenary Session

**Prof. Dr. Sc. Igor Jukić**

Communication between Staff Members in Basketball Team:

Rules, Roles and Responsibilities

### DAY 2 - Tuesday (23 January)

8:00-8:30 Registration

8:30-9:45 Plenary Session

**Dimitrije Cabarkapa, PhD,**

**CSCS\*D, NSCA-CPT\*D, USAW**

Basketball Shooting Fundamentals:

An In-Depth Biomechanical Analysis

9:45-11:15 On-Court Session

**Sergio Scariolo**

Switching Defense

11:15-11:30 Coffee Break

11:30-12:30 Plenary Session

**Dr. Francesco Cuzzolin, PhD**

Training Monitoring without

Technology: Facts or Fiction?

12:30-14:00 On-Court Session

**Aleksandar Džikić**

Offensive Automatics ... DKS Concept

14:00-15:00 Lunch Break

15:00-16:30 On-Court Session

**Sergio Scariolo**

Teamwork for the Shooter

16:30-17:30 Roundtable

**Sergio Scariolo, Dr. Francesco**

**Cuzzolin, PhD, Aleksandar Džikić,**

**Filip Mihajlović**

**Moderator: Prof. Dr. Sc. Igor Jukić**

Effective Communication

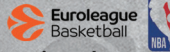
within the Coaching Staff

17:30 Closing



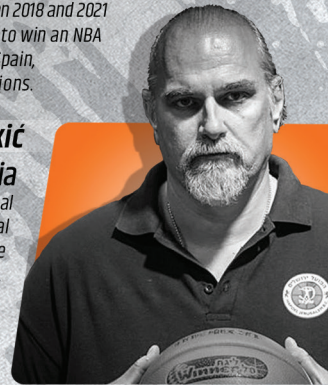


**Sergio Scariolo** 



## Head Coach of the Men's National Team of Spain

Won titles in Italy, Spain and Russia, he last coached Virtus Bologna of the Italian League. Between 2018 and 2021 he served as assistant coach for Toronto Raptors in NBA and became the first Italian coach to win an NBA champion title. Having won four EuroBasket championships and a World Cup at the head of Spain, Scariolo is one of the most successful coaches in the history of international competitions.




**Aleksandar Džikić**

## Head Coach of the Men's National Team of Georgia

Aleksandar Džikić is a professional basketball coach, currently head coach of the men's national team of Georgia. While being assistant of Dusko Vujosevic in Partizan Belgrade, he had several opportunities to work in the NBA Summer League, as assistant coach of few teams, between 2003-2005. During the year of 2005 he received a 3 years guaranteed contract to be assistant coach of the Minnesota Timberwolves under the head coach Dwane Casey. Back in Europe he coached in several countries (including Serbian powerhouse Partizan Belgrade or Spanish Movistar Estudiantes), winning the FIBA EuroChallenge Cup with Krka Novo Mesto in 2011 and also 4 Slovenian Championships, 3 Slovenian Cups, 1 Montenegro Championship. He won the Aba League (2017-2018) and 1 Israeli Cup. Was named Israeli League Coach of the Year in 2023 when he coached Hapoel Jerusalem.



**Prof. Dr. Sc. Igor Jukić, PhD** 



## Sport Scientists, Advisor of ELPA

High-performance specialist in sport, founder (2003) of the "European Physical Conditioning Association", founder and Advisory Board member of the Euroleague Players Association (ELPA). European champion with the Croatian U18 basketball team in 1996, and with U20 team World Championship silver medalist in 2001, he worked with the senior basketball team from 1997-2002, and took part in the EuroBasket in 1999, 2003 and 2005. With the Croatian football team, he participated in the World Cup in Brazil in 2014, and in the Euro qualifiers 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. Francesco Cuzzolin, PhD**

## Head of Performance – Olimpia Milano

Francesco is the first European to become Head Strength and Conditioning Coach in the NBA, with the Toronto Raptors. He has worked with two of the most successful European basketball teams, Benetton Treviso and Virtus Bologna, with the Russian and the Italian National teams. As a consultant, he has shared his expertise with the Latvian National Team, CSKA Moscow, and Fenerbahce Istanbul. Francesco is currently the Head of Performance for Olimpia Armani Milano, the Euroleague Basketball team. Francesco has a Ph.D. in physical exercise applied to industrial engineering and is a member of the ELPA Performance Advisory Board.



**Filip Mihajlović** 



## Strength and Conditioning Coach

Serbian strength and conditioning coach with experience in Serbia, Montenegro, Ukraine, Romania and Israel. In his systems, the physical and physiological parts are important, but he is also paying big attention to immune system, emotions, and going even deep on cellular level. He worked with the Serbian and Montenegro national teams, and in club level was a member in the staff of Partizan Belgrade, Buducnost Podgorica, Azovmash, BT Cluj-Napoca and Hapoel Jerusalem, with the Israelis played the final of the FIBA Champions League.



**Dimitrije Cabarkapa, PhD, CSCS\*D, NSCA-CPT\*D, USAW**

## Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas

Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas, part of the Wu Tsai Human Performance Alliance. Strongly influenced by his personal playing experience, including five years spent as an NCAA Division-I men's basketball student-athlete at James Madison University, Dimitrije's research interests are directed toward the field of sports science and athlete performance improvement. Over the last five years, he has published more than 55 peer-reviewed research articles and presented at multiple regional, national, and international conferences. Some of his current and upcoming research projects are focused on examining the biomechanical characteristics of various types of basketball shooting motions, the implementation of innovative technology for athlete performance analysis, and examining physiological responses during training and competition.



**Tibor Fülöp** 



## Performance Diagnostic Specialist, Sports Science Consultant, Sports Professional Director of the Sports Medicine Center

Since 1993, he has been active as a cycling coach and as a performance diagnostics professional. As an A-licensed coach of the German Cycling Association (BDR) and the German Olympic Sports Association (DOSB), and since 2002 he has been present in Hungarian cycling training as a specialist instructor. Currently, as the education and sports science coordinator of the Hungarian Cycling Association, he leads the education of the cycling sport coaches at the Hungarian University of Physical Education and Sports Science. As the sports professional director of the Sports Medicine Center, he deals with sport-specific performance diagnostics of representatives of various sports. He is a member of the Hungarian Coaches Association and the Hungarian Sports Medicine Association, as well as the secretary of the Performance Physiology Committee of the Hungarian Sports Science Association. The Hungarian Functional Fitness Association recognized his work with the "Person of the Year" award in 2022.



## CENTER FOR BASKETBALL METHODOLOGY AND EDUCATION

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

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

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

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

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

The Methodology Center has set many goals and tasks. Among the main objectives are: providing a scientific background of sport performance and sport development, advocacy of the sports academies, establishing constructive co-

operation with institutions of higher education (University of Physical Education, University of Debrecen, University of Pécs), sport organizations, the Hungarian Basketball Federation, and professional committees. In order to raise the level of the quality of basketball our main tasks include to carry out sports science research, to provide quality assurance of professional materials, to control them, to collect and provide feedback, thus to create PRODUCT FROM INTELLECTUAL OUTPUT.