

## 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 loosing 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.