

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.