



Södertälje Basket

Developing international players

SWEDEN VS INTERNATIONAL

BEHIND

- Intensity (ex ball / off-ball defense)
- Speed - fast breaks, cutting, pushing the ball
- Decision making - specially in speed

SAME LEVEL

- Ball handling / moves / finishes
- Shooting
- Physique







HOW DO WE DEVELOP BETTER PLAYERS

LESS DETAILS MORE
SPEED AND INTENSITY

SOMETHING EASY
TO FOLLOW UP ON

SOMETHING WE CAN AGREE ON AND REMEMBER



GUIDELINES

GUIDELINES DEFENSE

- Full court press
- Defend the ball actively with hands out
- Off ball - deny with extra effort



GUIDELINES OFFENSE

- Run with or without the ball as fast as possible
- Create advantage
- Space the floor
- Movement without the ball



GUIDELINES DEFENSE (EXTENDED)

- Box out
- Play defense on all players - rotate



CREATE ADVANTAGE

Get your defender next to you or behind you, by:

- Beating your defender in 1 on 1
- Make a hard cut
- Setting a screen
- Go for offensive rebound
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WATCHING GAMES / PRACTICES

During 2000 to 2022 - U12 to U18



- Barcelona Youth Academy
- Murcia
- Estudiantes (Madrid)
- Bilbao



- Philadelphia
- Atlantic City
- Connecticut



- Ludwigsburg



- Vejen



COACH DEVELOPMENT

CLINICS

- 3rd October
 - 1730 - 1900 U8 to U11 coaches
 - 1930 - 2100 U12 to U14 coaches
- 6th February
 - 1730 - 1900 U8 to U11 coaches
 - 1930 - 2100 U12 to U14 coaches

HANDS ON HELP

- Plan practices
- Run practices
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