



*International Coaches Basketball
Clinic
Katowice 2011*

27-29.05.2011

Katowice - Poland



The Polish Basketball Federation in cooperation with the Academy of Physical Education in Katowice, Sports Club AZS AWF Katowice, Athletes in Action and FIBA Europe is proud to organize an international basketball clinic for coaches, players and instructors in Katowice, Poland between June 27-29th 2011

Bob McKillop (60, USA)

Born in Queens, New York, McKillop grew up in Queens and on Long Island and played for Chaminade High School in Mineola. McKillop went on to play college ball for East Carolina University before transferring to Hofstra University. At Hofstra he was named team MVP. After graduating in 1972 with a degree in history, he was briefly signed as a free agent by the Philadelphia 76ers, but was cut.

In 1989, McKillop returned to Davidson as head coach. He has coached Davidson longer than any other, has won more games there than any coach, and his 144 Southern Conference wins are more than any coach in league history. He has been the SoCon Coach of the Year six times, has won eight conference division titles, three tournament championships, and taken his team to three NCAA tournaments and three postseason NITs.

In 2008, after compiling a perfect regular season conference record, the Wildcats ran their record to three straight Southern Conference Tournament Championships, beating Elon University in the title game. They entered the NCAA tournament as a 10-seed and took down 7-seed Gonzaga, for their first NCAA Tournament win since 1969. They then won their second-round game against the 2-seed Georgetown to advance to the Sweet 16. Almost a week after beating Georgetown, McKillop and Davidson stunned the world by upsetting the 3 seed and regular season Big Ten champions Wisconsin. This win put Davidson in the Elite Eight for the first time since Lefty Driesell got them there in 1969.

The 2008 season has been a testament to McKillop's recruiting prowess, as they have been carried by the shooting of Stephen Curry, who did not get a second look from most of the bigger programs.

Sito Alonso (35, Spain)

Sito played and coached several teams of the club of Monzón, and then he made the decision to go on with coaching and completely focused on that. He became assistant coach of the second division team, and after two years he was named head coach, at 23 years of age. Just to continue in his fathers footsteps, in his last year he made a whole first junior players debut, after coaching them since they were just 11 years old. Later in the years, some of them arrived to the ACB teams. During the first half of his last season in Monzón, Sito Alonso was offered to coach the satellite team of Juventud Badalona, el Prat. He accepted thanks to the understanding of the President of CB Monzón, Guillermo Urguet: it was his chance to enter a historical Spanish team like Juventud Badalona, and he proved to be ready to take on this role.

After one positive season – as first in his group, and working with the future ACB team Dimitri Flis to develop his potential – Sito was called to be assistant coach of Aíto García Reneses at Juventud Badalona: for him it meant a great opportunity to work together with one of the renowned coaches of Spain, and they immediately established a strong relationship. They worked together day by day for three seasons, during which they achieved the best results ever in the history of Juventud, always keeping on the basis of the youth team tradition. Finally, when Aíto was called to work for the National Team of Spain, Juventud promoted his 32 years old alumnus Sito Alonso to head coach. As the youngest coach of ACB League, he closed his first season at 5th place, with a record of 22 wins and 10 losses.

At just 35, Sito Alonso is young but he has a very rich experience. He was practically born with a basketball on his hands, and he started coaching practically when he still was a child. More, working for many years together with one of the greatest coaches ever like Aito, was a kind of a master of specialization for him. And Juventud Badalona will continue to reap the fruit of what he did for the "cantera" - the famous youth teams of the club - for many and many years, in the same way as players like Ricky Rubio, Rudy Fernandez and many others will be grateful to Sito Alonso for ever.

Josip Tus (48, Croatia)

Josip worked in several Croatian clubs like Cibona, Croatia Rijeka Line, Hermes Analítica, Auctorem Zagreb. Cooperates with the Croatian Basketball Federation. Over the years he was an assistant at the University of Utah. Great teacher also works at the Faculty of Physical Education, University of Zagreb.

Agenda of the clinic

Friday 27 of May

9.00 – 10.30 **prof. G. Juras** A brief description of motor abilities with a outline of sensitive periods in the development of particular abilities. The significance of coordination in acquiring technical and tactical skills.

dr K. Słomka Diagnossis of motor coordination – field and laboratory tests. Application of coordination tests in the process of sports selection for team sports.

dr A. Kubaszczyk The development of coordination on the basis of basketball

10.45 – 12.15 **dr M. Czuba** Aerobic and anaerobic capacity – evaluation and training implications

dr G. Gerasimuk Methods of developing endurance in children and youth

12.30 – 13.30 **dr D. Szukała** Dietary and supplementation suggestions for children and youth in competitive sports

13.30 – 14.30 Lunch

14.30 – 16.00 **M. Wilk** The development of strength-speed abilities in children and youth (general and specific speed)

A. Golaś A kinesiological analysis of chosen strength exercises

16.15 – 17.30 **prof. S. Magnusson** Neuromuscular training for team sport games

17.45 – 18.45 **prof. A. Zając** New tendencies in the development of flexibility for strength- speed sport disciplines

Saturday 28 of May

9.00 – 10. 15 **J. Tus** Full court zone defense part1

10.30-11.45 **S. Alonso** My defensive philosophy

12.00 – 13.15 **B. McKillop** Developing offensive skills with reference to player position (number 1, 2 and 3)

13.30 – 15.00 Lunch

15.00 – 16.15 **J. Tus** Full court zone defense part 2

16.30 – 17.45 **S. Alonso** How to develope individual offensive skills

18.00– 19.15 **B. McKillop** 1x1 (reading the defence, decision-making drills)

19.30	Meeting with the President of Polish Basketball Federation
21.00 – 23.00	Grill party

Sunday 29 of May

9.00 - 10.15	B. McKillop	Coaching before during and after game
10.30 – 11.45	S. Alonso	New details in offense
12.00 -13.15	J. Tus	Zone defense - flexing zone from 1-2-2 to 2-1-2 to 2-3
13.30 – 14.45	B. McKillop	How to teach players creativity instead of schematic behaviour on the court in 5x5
15.00		Closing ceremony

Participation fee of the clinic:

380,00 zlotys (payment till 20th of May 2011)
430,00 zlotys (payment after the appointed time)

The fee entitles to participate in lectures, get materials on DVD and obtain a certificate. They will also be given a bag, strap, notebook and can take part in the grill party on Friday. It is also possible to buy instructional materials and books at lower prices.

ATTENTION!!!

Detailed information on:

Entries: only via electronic mail on the application form that can be found on www.konfkosz.awf.katowice.pl

The money for participation in the conference is to be transferred to the bank account.

Number of the bank account: 40 1020 2313 0000 3102 0019 7293

With a short note: 'BASKETBALL CONFERENCE'

There is also a possibility to book lunch at academic canteen (price: 15 zlotys, on the application form)

Invoices: will be given only to those participants who have filled in the application form. The other invoices will be sent gradually by post. If the invoice is filled incorrectly, it must be rewritten and will be posted later.

Accommodation: there is a possibility to book accommodation in AWF Hotel in Katowice. The price is 90,00 zlotys per night (including breakfast) The number of vacancies is limited.

Tel. +48 32 2075401

Fax. +48 32 2510226

e-mail: hotel@awf.katowice.pl

While booking accommodation, refer to the application in the conference. Moreover, you can book accommodation at other hotels quite near the Academy of Physical Education. You can get there quickly on foot or by other means of transport:

Zajazd Sportowy GKS Katowice Ceglana 67 tel. 032 2510093, 7574051

Hotel Dylizans ul. Rolna 7 tel. 032 2054523, 2521071-74

Hotel Park Diament Wita Stwosza 37 tel. 032 7200000,

Contact concerning the conference:

AZS AWF Katowice office –e-mail: azs@awf.katowice.pl ,

tel.: +48 32 207 51 81,

Basketball Departament - phone. +48 32 207 51 97, +48 32 207 52 36

e-mail: konfkosz@awf.katowice.pl