The background of the slide is the FC Bayern München logo, which is a circular emblem. It features a central shield with a blue and white checkered pattern, surrounded by a red ring containing the text 'FC BAYERN MÜNCHEN' in white capital letters. The entire logo is set against a light blue background.

U12 - U14 - U16
WHICH DRILLS ARE IMPORTANT
FOR THE GAME?

15.01.2025



BASKETBALL

EL/BBL

ProB (2nd Team)

U19 - NBBL

U16 - JBBL

U14

U12



BASKETBALL

U12 – U14 – U16 Weekly Load

- 4 Team Practices (90'/120')
- 3 Physical Training Sessions (45'/60')
- 1 or 2 Individual Practices (45'/60')
- 1 or 2 Games x weekend

FOCUS ON...

DEVELOPING THE PLAYERS



BASKETBALL

U12 - U14 - U16 HOW TO TEACH?

OUR PILLARS:

- POSITIONLESS BASKETBALL
- OFF BALL MOVEMENT (Princeton Offense)
- MAN TO MAN DEFENSE
- SHOOTING
- 5V5 = 5x 1v1



JBBL planning...some ideas to develop

BASKETBALL

16- 21 december	TEAM	RED	WHITE	WHERE
MON	OFF			OFF
TUE	17.00-18.30	Indiv. 18.30	Lift 18.30	CAMPUS
		Lift 19.15	Indiv.19.15	
WED	17.30-19.00	Lift 16.00	Indiv. 16.00	CAMPUS
		Indiv.16.45	Lift 16.45	
THU	19.00-21.00	Lift 18.00-19.00		CAMPUS
FRI	18.00-20.00			CAMPUS
SAT	10.00-11.15			BMW 2

DETAILED TECHNICAL PLANNING...WEEK BY WEEK



BASKETBALL

DRILLS HAVE TO BE:

- PHYSICALLY and TECHNICALLY Functional
- "Game-Like" situations
- Most likely...CONNECTED in a PROGRESSION

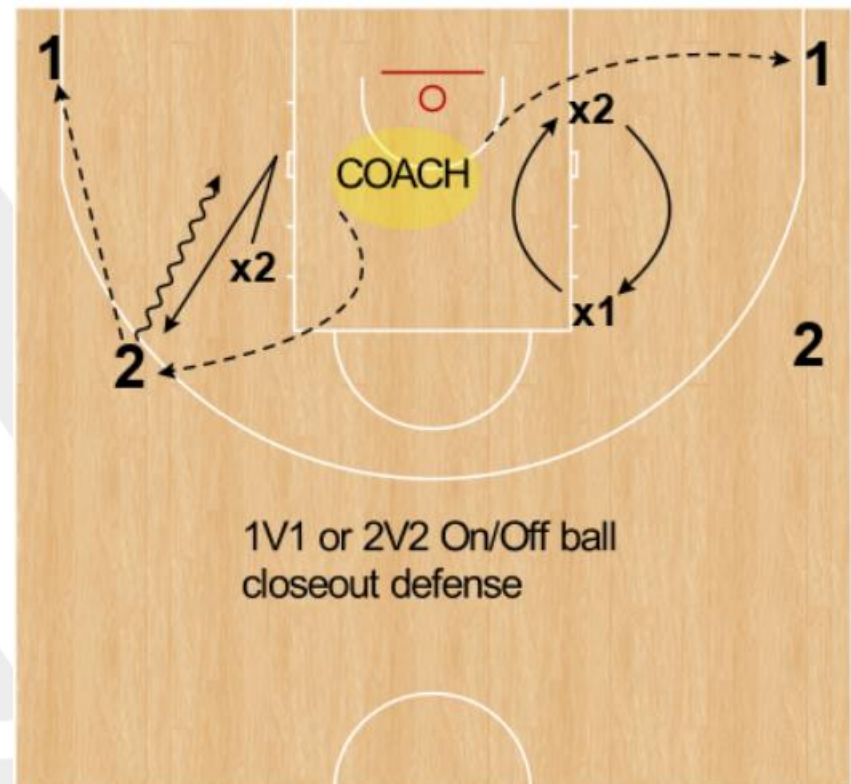
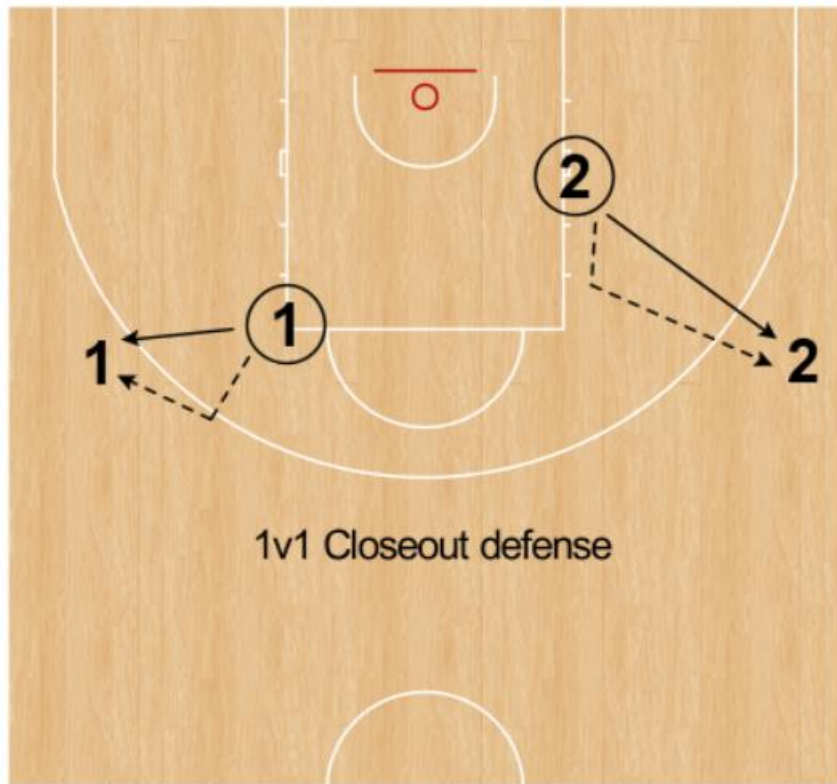
Tips:

- Involve Assistant Coaches and Physical Trainers
- Involve Teammates



BASKETBALL

STATIONS for FUNDAMENTALS...details not just drills!

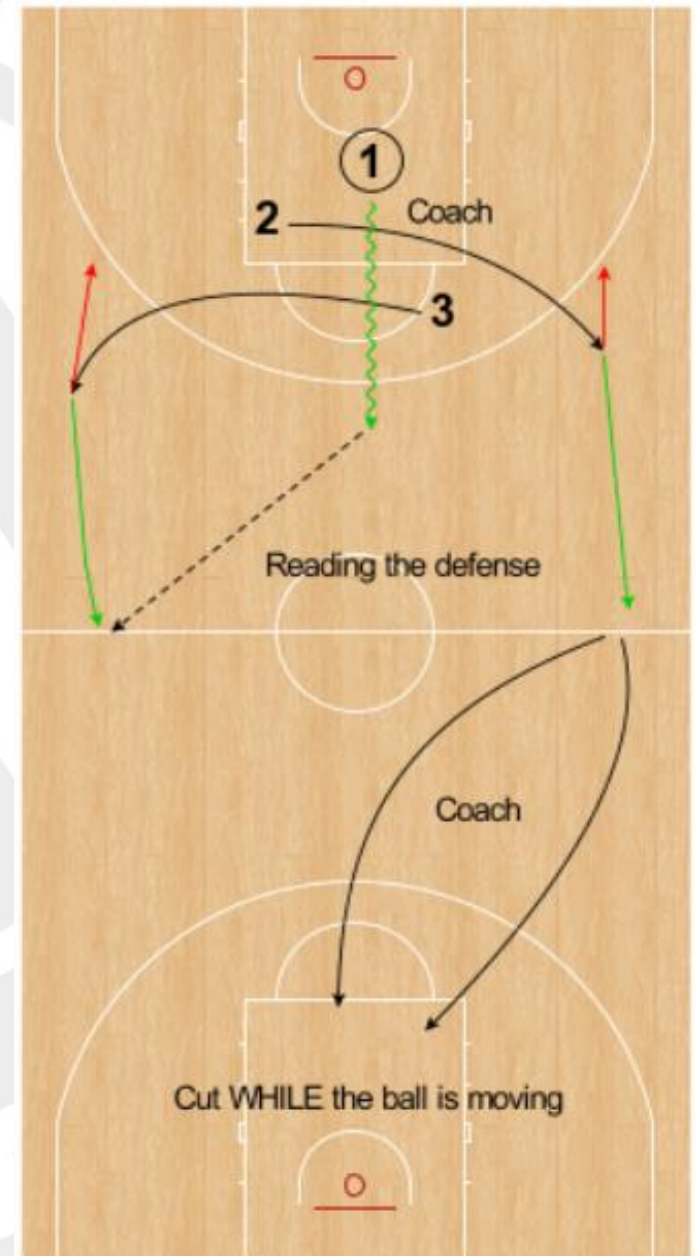
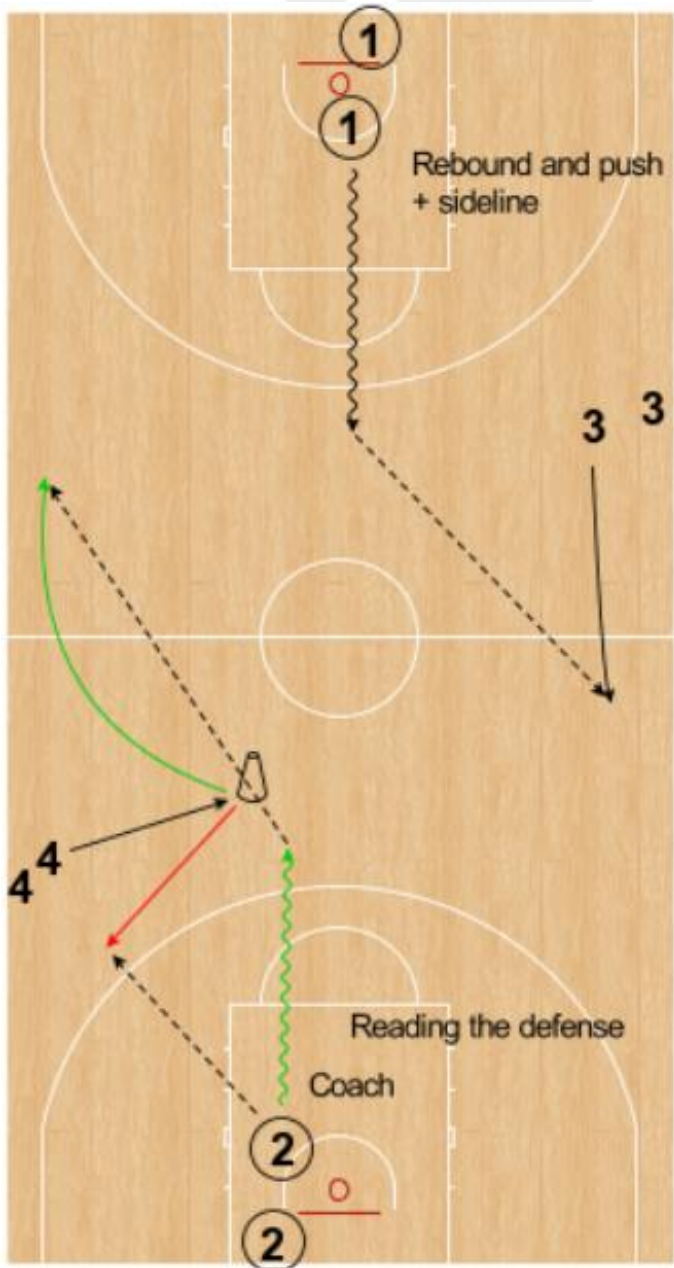
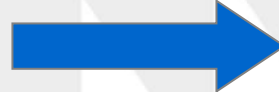


Our principles on M2M DEFENSE



BASKETBALL

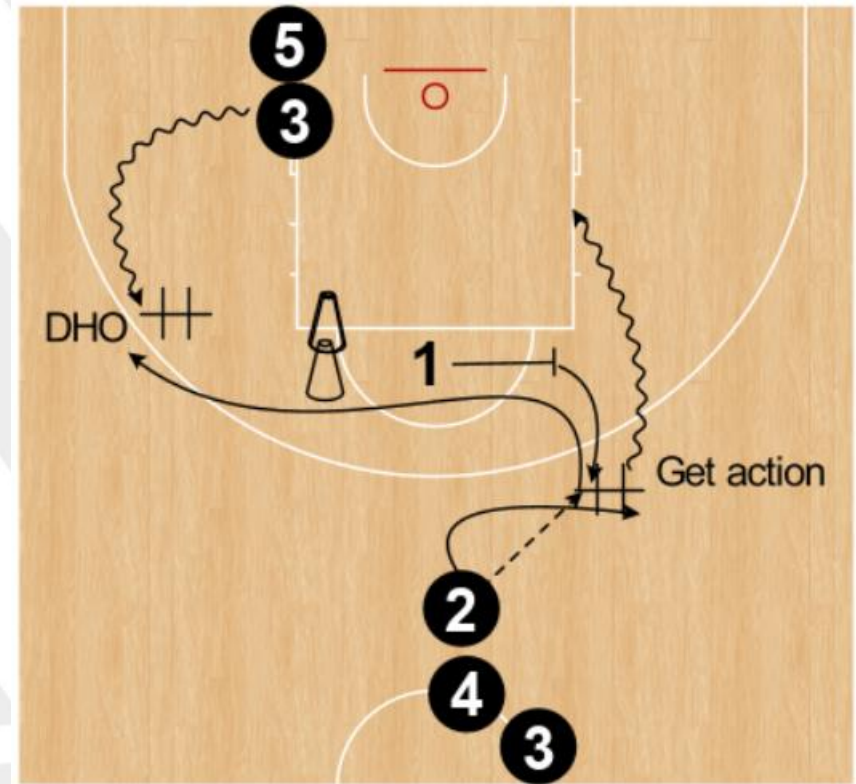
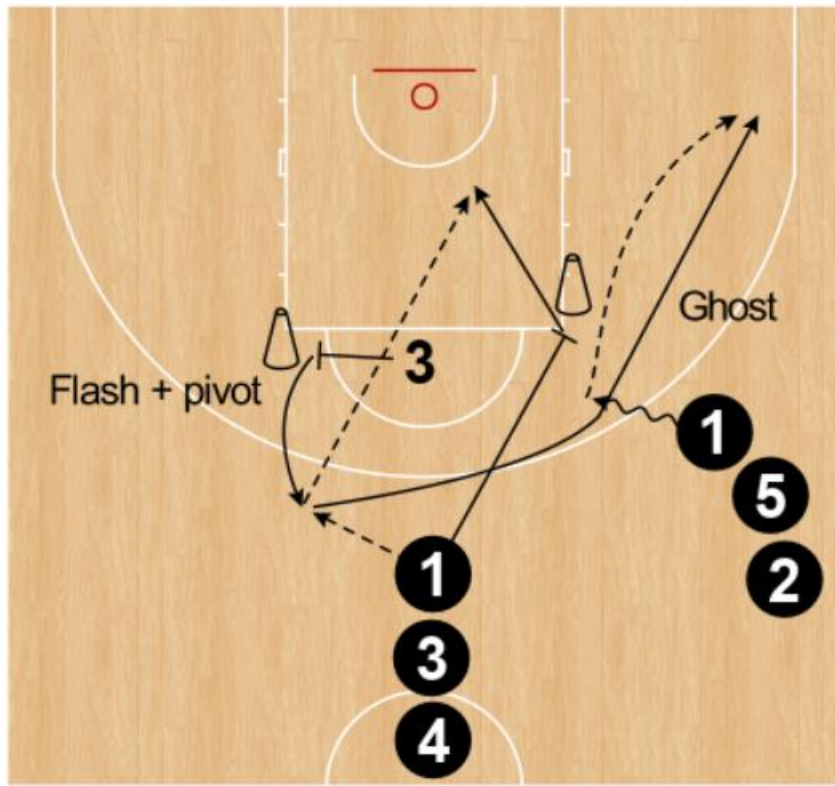
Full Court Offense





BASKETBALL

DETAILS AND CORRECTIONS...not only drills !



Our principles on OFFENSE



BASKETBALL

WHAT IF ... turn problems into solutions!

16- 21 december	TEAM	RED	WHITE	WHERE
MON	OFF			OFF
TUE	17.00-18.30	Indiv. 18.30	Lift 18.30	CAMPUS
		Lift 19.15	Indiv.19.15	
WED	OFF			OFF
THU	17.00-18.30	Indiv. 18.30	Lift 18.30	CAMPUS
		Lift 19.00	Indiv.19.00	
FRI	18.00-20.00 / Stations 1h			BMW
SAT	"CLUB SPACE"			BMW 2

DETAILED TECHNICAL PLANNING...WEEK BY WEEK



BASKETBALL

PRIORITY on U12 - U14 - U16

- 1v1 Offense and Defense: Closeout, Cutting (sprint+stop), Shooting.
- Full court Team principles: Run the fastbreak, Lanes, Positionless.
 - Space and Time in the 1v1/2v2/3v3
- Physical Readyness, coordination/dissociation
 - Basics of lifting (body weight) + Lifting
 - Habits (stretching-routines)



BASKETBALL

Thanks for joining!

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