

Program for the Advancement of Young Elite Coaches in Israel

A unique and comprehensive program that will shape the future of Israeli basketball by training coaches at the highest level, integrating local and global knowledge, and focusing on continuous professional development.



**איגוד
הכדורסל
הישראלי**

Main Goal

Developing the next generation of Israeli National Team coaches and top-tier Israeli basketball club coaches

This program is designed to elevate the level of coaching in Israel to international standards, enrich the professional knowledge of leading coaches, and train a generation of coaches who will lead Israeli basketball to significant achievements on the international stage.



Program Format

Sessions

6-7 annual sessions over two years, totaling 14 intensive meetings.



Session Length

4–6 hours of in-depth and practical learning per session.



Final Project

A concluding project reflecting the application of learned material and contribution to the field.



Annual Trip

To one of the European Championships, learning first-hand from the best in the world.



The program integrates theoretical learning, video analysis, expert lectures, and practical on-court experience. The sessions are timed to coincide with peak events in Israeli basketball and leverage resources and knowledge from the global FIBA organization.

Session 1: Identity and Philosophy of a High-Level Coach

Building a Unique Coaching Identity

Developing an authentic coaching style based on personal values, strengths, and a clear professional vision. Identifying your unique "fingerprint" as a coach and how to implement it in your work.

Aligning Personal Philosophy with Systemic Philosophy

Balancing your personal vision with the demands of the club or national team, and building a shared value system that drives success.

Leadership Style for High-Performance Teams

Adapting leadership style to high-level teams, considering the dynamics of professional players, different personalities, and expectations for achievements.



Building a professional culture in competitive organizations is a cornerstone of the modern coach's work.

Session 2: Advanced Offensive Concepts



Modern Offensive Movements

Learning and analyzing innovative offensive methods from leading leagues worldwide - Spain, Serbia, and the NBA, and adapting them to the Israeli reality.



Evolution of the Pick and Roll Game

In-depth understanding of developments in pick and roll tactics, advanced variations, and adaptations against different defenses.



Spacing, Tempo, and Flow

Advanced principles of court spacing, managing game tempo, and creating efficient offensive flow in set play and fast transition.

In this session, we will also learn tactics for special situations, including out-of-bounds plays, end-of-game finishes, and strategies after timeouts. A practical on-court workshop will be held to demonstrate the learned principles.

Session 3: Advanced Defensive Concepts



Defense is one of the most important components in building a winning team, and excellent coaches must master a variety of defensive strategies.



Hybrid Switches and Coverages

In-depth learning of ICE, Blitz, Drop, and Hedge techniques, and how to combine them dynamically during the game according to the opponent.



Focused Defensive Schemes

Advanced strategies for dealing with elite shooters, including "box-and-one," double-teaming, help-side defense, and denying passes.



Transition Defense and Adjustments

Building an effective defense in fast transition situations, including practicing imbalance situations and defensive communication.



Defensive Game Planning

Developing scouting-based defensive strategies, and how to adapt the defense according to the opponent's strengths and weaknesses.



Session 4: Player Development

Developing Individual Capabilities

Strategies for advancing technical, tactical, and mental abilities of players within the team framework, while maintaining the balance between individual needs and team needs.

Workload Management

Scientific planning of training loads for short terms (season) and long terms (multi-year development), including metrics for progress tracking and injury prevention.

Team Integration

Integrating a player's individual development into the team culture, and understanding how to build a program that serves both the player's growth and the team's success.

Working in FIBA Windows

Unique strategies for working with national team players within defined time windows, including effective training planning, rapid message delivery, and building team chemistry in a short time.

During this session, participants will be tasked with building an individual player development plan, which will be submitted as a written assignment.

Session 5: Game Planning and In-Game Adjustments

Opponent Preparation and Scouting

- Advanced methods for analyzing opponents and identifying game patterns
- Collecting and analyzing relevant data for preparing a comprehensive scouting report
- Learning technological tools for efficient video analysis

Building a Game Plan

- Creating an optimal balance between utilizing your team's strengths and attacking the opponent's weaknesses
- Adapting the game style to the players' characteristics and the situation in the tournament/season

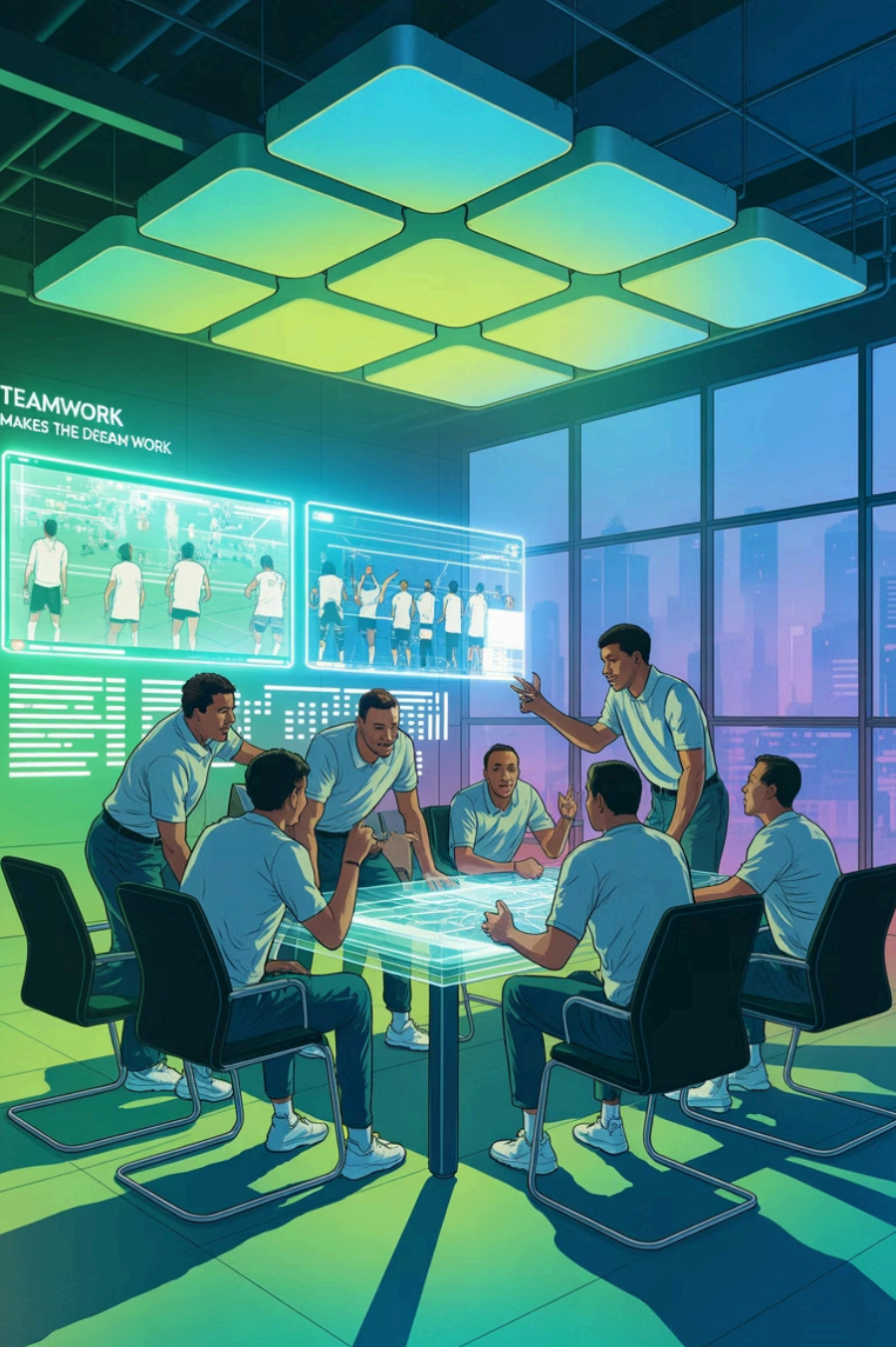
Real-time Tactical Changes

- Reading the game and identifying trends as they unfold
- Ability to react quickly and adjust the game plan according to what is happening
- Preparing scenarios in advance and developing "Plan B" and "Plan C"

Momentum Management and Emotional Intelligence

- Identifying and managing momentum shifts in the game
- Guiding players under pressure and making calm decisions

Participants will be asked to prepare a practical assignment on scouting and game planning.



Session 6: Leadership, Communication, and Team Management

Effective Communication

Developing advanced communication skills with players, professional staff, and management. Learning techniques for clear message delivery, active listening, and constructive feedback that motivates action.

Conflict Resolution

Strategies for dealing with tensions and disagreements within the team, managing player egos, and turning interpersonal challenges into opportunities to strengthen the team.

Delegation of Authority

Building an efficient working system with assistant coaching staff, distributing areas of responsibility, and creating a work environment that encourages initiative and innovation within the professional team.

Managing Professional Relationships

Developing skills for effective work with general managers, professional managers, and other professionals such as physical therapists, strength and conditioning coaches, and nutritionists.

Session 7: Statistical Analysis and Technology Integration



Using Data for Decision Making

Advanced skills in data analysis for informed decision-making, both in strategic planning and tactical decisions during a game.



Performance Metric Analysis

In-depth understanding of advanced metrics such as shot quality, lineup efficiency, and overall player contribution beyond basic statistics.



Using Video Analysis Tools

Proficiency in advanced platforms like Hudl, Synergy, and Scouting4U, including practical workshops on their effective use.



Integrating Analysts into the Staff

Understanding the critical role of analysts in the modern professional setup, and how to manage and derive maximum value from their work.



The analytical revolution in basketball is changing how senior coaches make decisions. Understanding technological tools and the ability to analyze data have become essential skills for the modern coach.

Session 8: Building a Club Model System and National Teams



In this session, we will delve into the differences and synergies between national team and club systems, learn methods for long-term planning, and discuss strategies for identifying and developing talents and effective collaborations with youth departments. Participants will receive tools for building a complete club model that reflects the organization's values and vision.

Session 9: International Scouting and Global Trends



Euroleague Trend Analysis

Identifying and analyzing tactical innovations and current trends in Europe's most prestigious league, and adapting them to Israeli basketball.



Trends in FIBA Tournaments

Studying different playing styles and diverse tactics from leading national teams worldwide, and understanding the differences between national team basketball and club basketball.



Innovations from the NBA

Analysis and learning from the world's leading league, including offensive innovations, use of spacing and pace, and up-to-date statistical trends.

This session will also include an in-depth discussion on adapting tactics to different basketball cultures, advanced techniques for scouting international opponents and players, and strategies for preparing for tournaments and playoff series in the international arena.

Session 10: Coaching Under Pressure and Real-time Decision Making

Training Under Pressure Conditions

- Techniques for simulating pressure situations in practice, including time and outcome constraints
- Designing specific practices in preparation for decisive games
- Simulations of critical game-ending situations

Coach Performance Under Pressure

- Managing body language and voice in stressful situations
- Effective management of timeouts in decisive moments
- Clear and focused communication with players in moments of pressure

Dealing with Media Under Pressure

- Giving interviews before and after critical games
- Techniques for dealing with media criticism
- Effective use of media to strengthen team morale

Self-Regulation and Performance Psychology

- Techniques for self-control and concentration during stressful times
- Cognitive strategies for coping with stress
- Building individual and team mental resilience

The session will conclude with summarizing simulations including full game preparation and a media encounter, for practical application of the tools learned.



Professional Additions to the Program



International Guest Lectures

A series of unique lectures from leading EuroLeague and NBA coaches, who will reveal exclusive insights into the world of coaching in elite leagues, and provide a global perspective on the challenges and solutions in professional basketball.



Mentorship Program

Personal and close mentorship for each participant by a senior coach from the national teams' coaching staffs or from leading clubs. The mentors will provide feedback, guidance, and professional advice tailored to the individual needs and aspirations of each coach in the program.



International Coach Exchange

A coach exchange program with parallel programs abroad, allowing participants to join coaching staffs in leading European leagues for short periods, and experience advanced working methods in the world firsthand.



Program Leaders:

Arik Shivek, Coach of Israeli National Teams and International Teams

Dr. Boshmat Sky, Head of Sport Management Program,
Levinsky-Wingate Academic Center



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Thank you!

**We look forward to seeing you partner in
the future of National Basketball in Israel**

The national training program will advance Israeli coaches to an international level, create a supportive professional community, and influence the quality of Israeli basketball for generations.