



Coach Manos Manouselis

Basketball Development Clinic 2018

Hosted by Anorthosis BC & Proteas Voulas BC

MAKING DECISIONS CREATING LEADERS

25 JUNE 2018 - 7 JULY 2018

Manos Manouselis: Greece U16 National Basketball Coach, Former Olympiakos Pireas Basketball coach, Technical Director Proteas Voulas Basketball club.

Manos Manouselis Basketball Development Clinic

Following 2 Consecutive successful years of Basketball development in Cyprus, the 2018 Manos Manouselis Basketball Clinic continues to grow in size.

WHO THE CAMP IS FOR

The camp program is designed to develop players from beginner level right up to advanced level, as well as players that want to improve their individual skills.

All age groups will see huge benefits in terms of skill development as well as team building. Our clinic and the coaching team is of an exceptionally high standard.

THE PROGRAM

The Program is set up by Coach Manouselis and improved on every year with the sole goal of developing all basketball players of any age group and at any level.

The Camp is divided into three groups:

1. 4 to 10 year olds - both girls and boys
2. Boys up to 18 years old
3. Girls up to 18 years old

THE COACHES AND SUPPORT

Led by coach Manos Manouseils, professional visiting coaches from Greece, Cyprus and other countries will be coaching the players every single day of the clinic, supporting and encouraging the players. All our coaches are Certified Basketball coaches from their respective Basketball associations as well as holders of First Aid Certificates.

As every year, guest international players, coaches and legends of the game will be coaching and speaking to all the players involved at the clinic.

Presentations from the following experts will take place (Parents are welcome to attend)

- Sports Psychologist
- Nutritionist
- Physiotherapist
- Podiatrist



OUR DEVELOPMENT CLINIC IS BASED ON A SET OF 11 PILLARS OF YOUTH DEVELOPMENT.

- 1** Player Utilization - Attempts to achieve 100% player utilization. Players waiting on the sideline are kept to a minimum. Even during breaks, players are stimulated through other means such as videos and quizzes. During our Advanced Development Program (A.D.P) every minute counts.
- 2** Physical Strengthening - The exercises are not only for physical endurance, but also help the player throughout the training schedule. Personalized attention is given to the players in order to identify any weaknesses as well as to ensure that the exercises are being performed correctly.
- 3** Nutrition - This is the foundation for our bodies, therefore we have qualified nutritionists that periodically present to the players as well as to the parents the benefits of a correct nutritional plan. Hydration is of utmost importance, and the coaches make sure that the players are properly hydrated.
- 4** Task / Play application - Tasks are explained and demonstrated each day to the players. The players in return execute the tasks to ensure that they have understood them correctly. During practices and games the coaches insist on seeing the practiced tasks being displayed. Tasks could vary from set plays to player attitudes during practice and play.
- 5** Promote team Play - Our A.D.P promotes team play, even in the most critical of moments of a tightly contested game. The most important aspect of basketball is the pass. Coach Manouselis stresses the point that one ball accommodates a five player team. It is critical that the ball is passed to a player in a more favourably position, especially during critical moments in a game.
- 6** Corrective action - Our A.D.P focuses on the process. Our coaches understand that if the player does not execute the exercises correctly, then they will not develop as a player. The players are encouraged to perfect the process and then the result will follow.
- 7** Maximizing Players effort - Our A.D.P encourages the players to put in the maximum effort. We encourage our players to give more than 100% effort because we believe that in this way our players will learn to continuously improve their skills.
- 8** Entertainment & fun - Successful training requires focus and concentration. Our A.D.P schedule varies in content in order to keep the players motivated, interested and most importantly entertained. We strive to have a rich mix of basketball drills, strengthening exercises, video sessions, games, guest speakers, competitions and prizes.
- 9** Discipline - We stress the importance of discipline in order to keep the players focused. Each player responds differently to various actions to discipline. If a player disrupts the training development of other players, he is temporarily removed from the training session and spoken to one on one, always in public view. Periodically there is a sports psychologist present during training sessions in order to advise the coaches during or after training.
- 10** Experiences - Our A.D.P incorporates a plethora of experiences, from watching national teams playing live to discussing with professional players. Our coaches strive to develop every player whilst increasing their love for the game.
- 11** Safety - Our Basketball facilities are always kept clean and safe of any dangers. We have complete medical kits available at all times, and all our coaches have completed certified first aid courses.

| DATE | AGE GROUP | TIME | PLACE |
|------------|--|-------------|--------------------|
| 25-30 June | A - Girls above 12 years old | 16:30-20:30 | *Ayia Filla Lyceum |
| 02-07 July | B - Juniors under 12 years old, boys & girls | 09:00-13:00 | *Ayia Filla Lyceum |
| 02-07 July | C - Boys above 12 years old | 16:30-20:30 | *Ayia Filla Lyceum |

* Λύκειο Αγίας Φυλάξεως, Αίτνας, 3117 Λεμεσός

Cost: €120 per participant (includes, t-shirt, certificates, individual and team awards.

REGISTRATION FORM / ΑΙΤΗΣΗ ΕΓΓΡΑΦΗΣ

Όνομα-επώνυμο αθλητή/τριας:

Ημερ. Γέννησης: / /

Τηλέφωνα επικοινωνίας:

Μέγεθος στολής: XXS XS S M L XL XX

Ομάδα: A B Γ

ΥΠΕΥΘΥΝΗ ΔΗΛΩΣΗ ΓΟΝΕΑ-ΚΗΔΕΜΟΝΑ

Επιθυμώ το παιδί μου να εγγραφεί στο 2o Basketball Development Clinic και δολώνω υπεύθυνα ότι ο/η πιο πάνω αθλητής/τρία έχει ιατρική έγκριση και είναι σε υγιή κατάσταση και μπορεί να συμμετάσχει σε όλες τις αθλητικές δραστηριότητες χωρίς κανένα περιορισμό.

Υπογραφή γονέα/Κηδεμόνα:

Ημερομηνία: / /

Πληροφορίες πληρωμής για εγγραφή στο Τ. 99 739 840, 99 300 168



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