



# PLAYERS SELECTION FOR YOUTH NT TEAMS IN ISRAEL

# THE PYRAMID

U20

Excellence  
Centers and  
National Teams

U18

National Team for  
European  
Championships

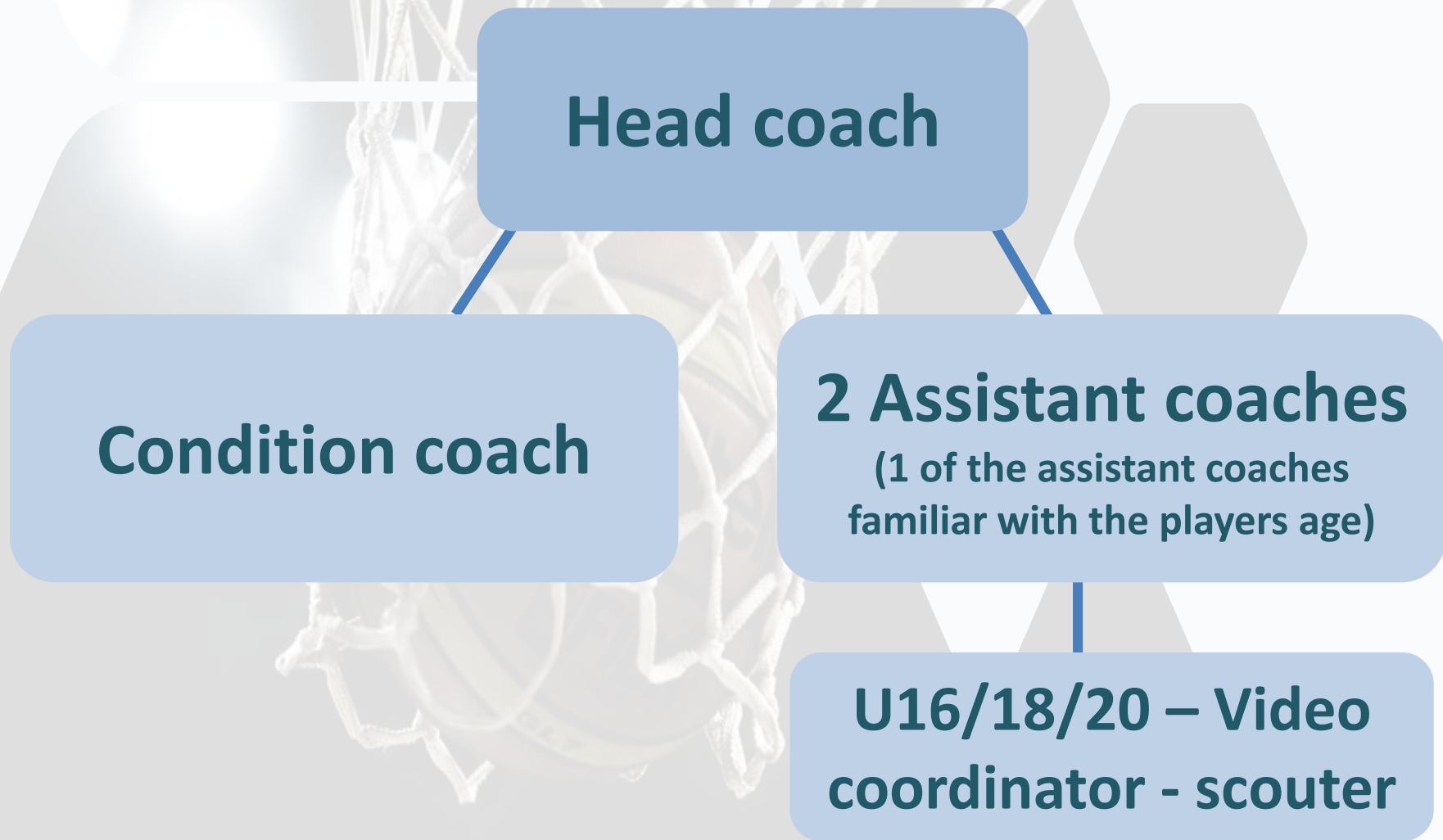
U17 30 players

U16

U15 = 30 PLAYERS

U14 4 REGIONS +1 NATIONAL TEAM=120 PLAYERS

# COACHING STAFF IN THE EXCELLENCE CENTERS AND NATIONAL TEAMS



# EXCELLENCE CENTERS AND NATIONAL TEAMS

National Teams	Number of Centers	Numbers of Players Each Center	70	International Tournaments	Notes
U14	4 *2 SPECIAL SECTORS	25	120		250 PLAYERS ARE CHECKED
U14 NT	1	25	60	2	
U15 NT	1	40	120	2	2 TEAMS OF 20 –SAME CENTER
U16 NT		20	50	3	
U17 NT	1	30	120	2	2 TEAMS OF 15 SAME CENTER
U18 NT		20	70	3	
U20 NT		20		3	

# LINE UPS AND SELECTION

**250**

Tests for 250 players for 4 regions of U14

**25**

chosen to U14 NT

**100**

players are chosen to  
those centers

# WOMEN'S NT

AGES 18-20- U20 NT  
OLYMPIC SENIOR TEAM

AGES 16-18 - U18 NT  
SENIOR OLYMPIC TEAM

15-16 YEARS OLD – U16 NT  
YOUNG OLYMPIC TEAM

U14 CENTER

U14 CENTER

U14 CENTER

“WINGATE”  
BASKETBALL  
ACADEMY

10-12 YEARS OLD “ATHENA” CENTER, BASKETBALL SCHOLL

8-10 YEARS OLD – “ATHENA” CENTER, BASKETBALL SCHOLL

# WOMEN'S EXCELLENCE CENTERS AND NT

National Teams	Number of Centers	Numbers of Players Each Center	Number of Hours Per Year	International Tournaments	Notes
U14	3	120	70	2	
U15 NT		50	70	2	Academy
U16 NT		20		3	Academy
U18 NT		20		3	Academy
U20 NT		20		3	

# GOALS

**Find the most suitable players for the national team and improve their qualities individually and as team players.**

**Providing work habits (nutritional/ Physically/ professionally).**

**Providing the same professional line for all NT that participate in European championships.**

**Building an ethical personality base among the players.**

**Participating in the competitive sport (Basketball).**

**Create bank of talented players that will be followed.**



# CHARACTERISTICS AND THE MODEL OF THE ISRAELI BASKETBALL

## PHYSICALLY

- QUICKNESS
- AGILITY
- EXPLOSIVE

## OFFENSE

- FAST BASKETBALL (AFTER BASKET/ AFTER STILL/ AFTER REBOUND)
- HIGH % 3 POINTS SHOTS
- AROUND 30 3PT SHOTS A GAME
- MOVING WITHOUT THE BALL (RELOCATIONS/AND CUTS)
- 4 PERIMETER PLAYERS
- SPACING
- DRIBBLE DRIVE AND KICK RULES
- **OFFENSIVE REBOUND-ESPECIALLY GUARDS**
- PNR ALL OPTIONS

## DEFENSE

- PRESSING BASKETBALL
- TRAPING LOW POST
- SWITCHING DEFENSE- ALL THE RULES
- DEFENSIVE REBOUND (G&BIGS)

# CHARACTERISTICS AND THE MODEL OF THE ISRAELI BASKETBALL PLAYER

YOU CAN'T BE RICH IN TACTIC WHEN YOU ARE POOR WITH TECHNIC.

HIGH LEVEL BASIC FUNDAMENTALS.

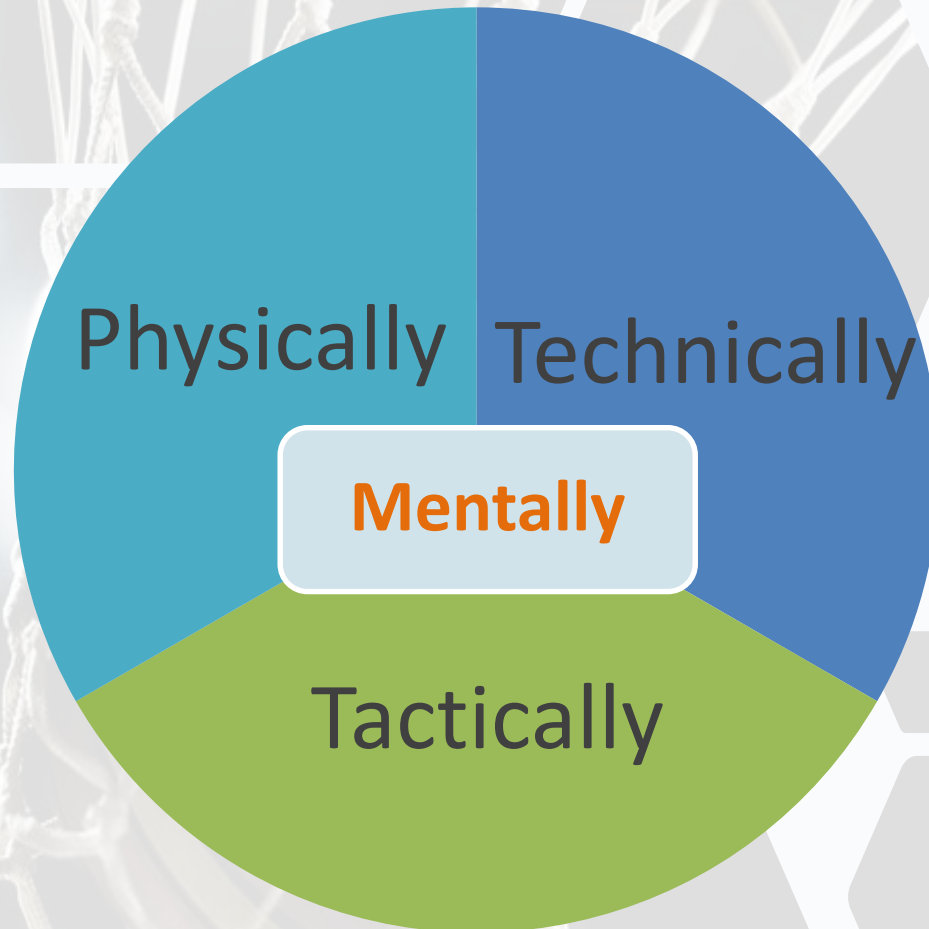
## OFFENSIVELY

- HIGH % SHOTS (ESPECIALY 3PT SHOT).
- GOOD 1X1 PLAYERS.(MAINLLY FULL COURT)
- GOOD PNR PLAYERS.
- HIGH BASKETBALL IQ.
- GOOD PASSER UNDER PRESSURE.
- ABILITY TO FINISH ON OPEN COURT

## DEFENSIVELY

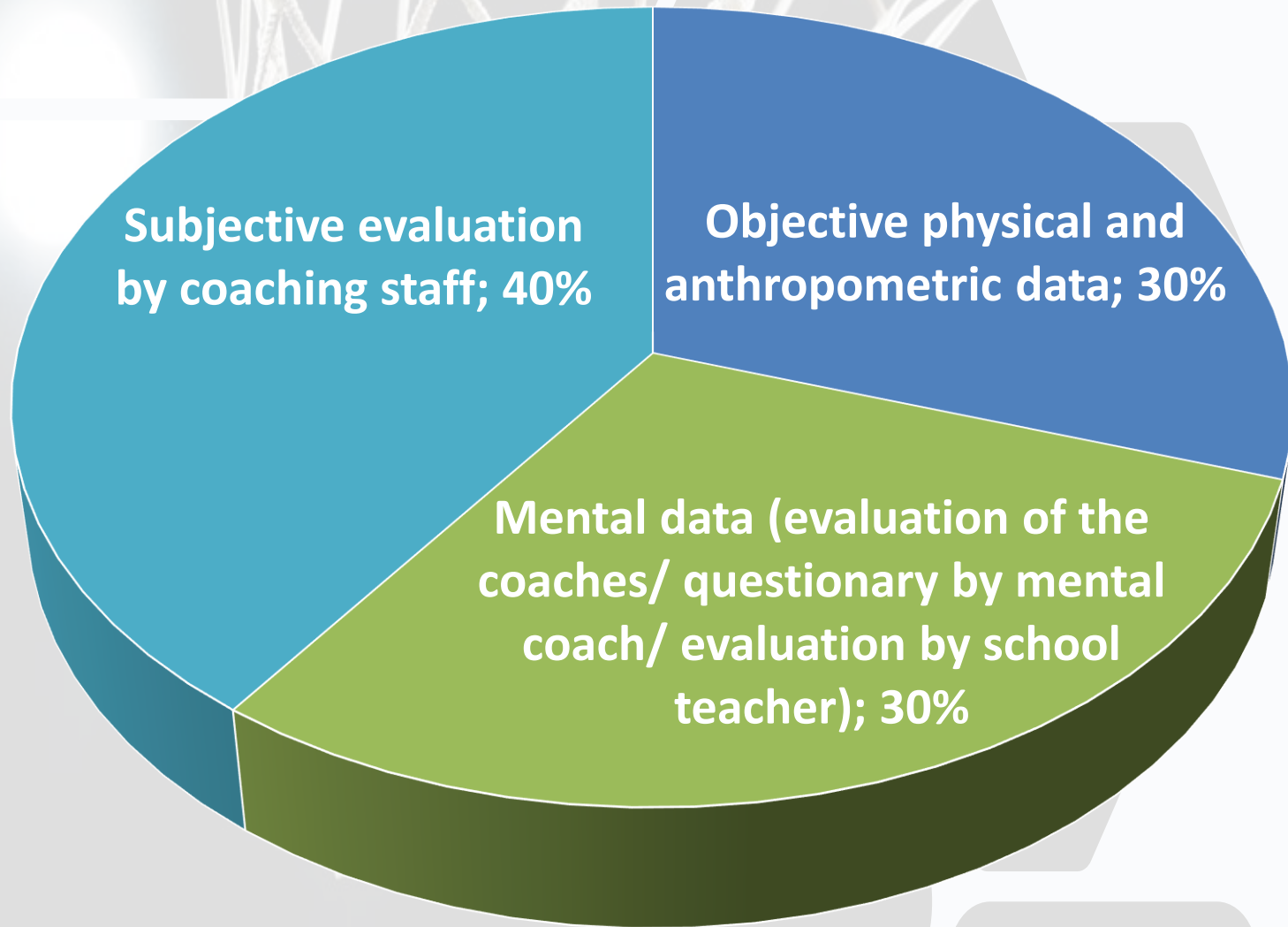
- BALL PRESSURE.
- GOOD FULL COURT PRESS PLAYERS.
- 1X1 DEFENSE (FULL COURT& ON MISMATCH)
- FOCUSING ON DEFENSIVE REBOUND

# REFERENCE TO 4 FACTORS



Everything drains into the mental realm.

# SELECTION AND FACTORS FOR U14



# PLAYER TESTED CRITERIAS U14 -BASKETBALL

**Finishing – all kinds of finishing.**

**Passing under pressure.**

**1X1 Offensively and defensively (footwork def&off)**

**2X1 3X2 4X3 5X4 Situations – decision making (BB IQ).**

**Shooting technical fundamentals.**

**5X5 – Sense and touch for the game/ taking initiative/ no fear.**

# MENTAL TESTS

**Identity - self perception, faith in my ability.**

**Conduct and behavior - values, determination, competitiveness, motivation, belief in investment**

**Learning - a desire to learn (coach ability), ability to learn.**

**Social - environmental support and sociability.**

**Function under stress - cognitive anxiety (headache), somatic (physical) anxiety, self-confidence**

**Ability to cope - setting goals, guided imagination, commitment, coping with fear, regulation of arousal, concentration, routine**

# PHYSICAL TESTS/ PRACTICE



**At the beginning of every practice the players will have physical practice and starch around for 40 minutes.**

# TEST FOR U16 / U18 / U20

Subject	U16	U18	U20
Explosive Force	2.50	2.60	2.70
4x10 agility	9.20	9.10	9.00
20 meters speed	3.10 - 3.20	3.00 - 3.10	2.90 - 3.00
Endurance (bip)	13	13.5	13.5
Jumping leap from the shock	2.50	2.60	2.70



# U14 SELECTION

**U14 NATIONAL  
TEAM= 25 PLAYERS**

**EXCELLENCE  
CENTERS  
25 PLAYERS**

**EXCELLENCE  
CENTERS  
25 PLAYERS**

**EXCELLENCE  
CENTERS  
25 PLAYERS**

**EXCELLENCE  
CENTERS  
25 PLAYERS**

**\*We will have more centers for special sectors**

# U15 SELECTION

U15 NATIONAL  
40 PLAYERS  
TEAM= 2X20

- **The U15 will be the continuation of the U14.**
- **Our goal is that a player who belongs to the U16 NT will have experience of 4-5 international tournaments.**

# U16-CADETS NATIONAL TEAM

U16 NATIONAL  
TEAM=20 PLAYERS

**The U16 will be the continuation of the U15 –  
participate in European championship.**

# U17- NATIONAL TEAM

**U17 NATIONAL  
TEAM= 30 PLAYERS**

**The U17 will include 30 players (part of the U16 that will not take part in U18 and is part of the current team).**

# U18- JUNIOR NATIONAL TEAM

U18 NATIONAL  
TEAM=20 PLAYERS

**The U18 will be the continuation of the U17 –  
participate in European championship.**

# U20-NATIONAL TEAM

U20 NATIONAL  
TEAM=20 PLAYERS

- The U20 will practice 5 days a week, 2 hours morning practice (by the U20 NT coaching staff).
- 6 weeks before the championship they will start the preparation for the championship.

# MAIN SUBJECTS FOR PRACTICES

- **PREPRACTICE HABITS** - physical preparation/ ballhandling/ shooting/ stretching
  - **OFFENSIVE FUNDAMENTALS (1X1 EVERY PRACTICE).**
  - **SHOOTING SETS.**
  - **FINISHING SETS.**
  - **DRIBBLE.**
  - **RUNNING LANES HABITS**
  - **DEFENSIVE FUNDAMENTALS.**
  - **NUMERICAL ADVANTAGE.**
  - **TEAM OFFENSE.**
  - **TEAM DEFENSE.**
- \* Players will get homework of shooting sets (they will send it to the ass. Coach).

# PRACTICE PROGRAMS



- **2 Years program – U14 and U15**
- **U16**
- **U17**
- **U18**
- **U20**

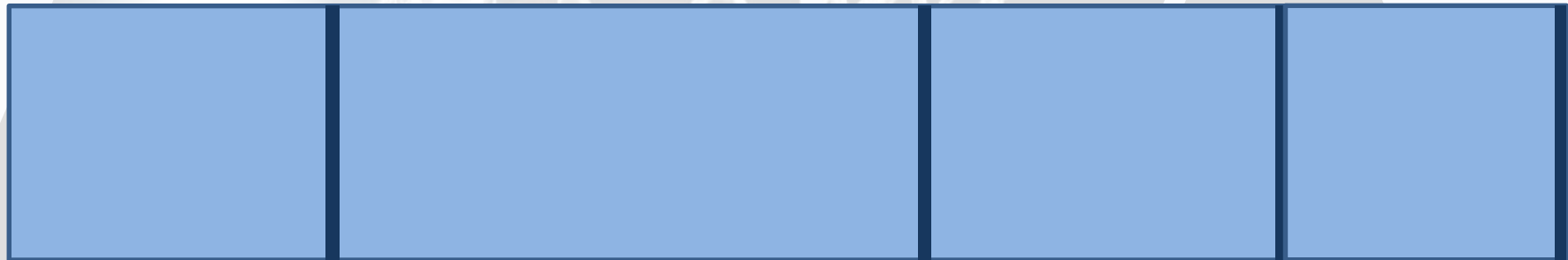


# PRACTICE PROGRAMS

## YEAR PROGRAM

October

July-Aug.



Dec.

Apr.

June

July-Aug.

MEETING +TESTS(1)

MEETING +TESTS(2)

MEETING

European  
championship

\*We send U14 and U15 NT for 2 international tournaments on December and April

# PRACTICE PROGRAMS U14

**In every quarter of a season we bring in all the regions together for games& tests.**

**There is a great impact on the players at these meetings – they can see their level comparing to all other regions.**

# PRACTICE PROGRAM U14 (EXCELLENCE CENTERS)

## MONTH PROGRAM

DATE	PLACE	TIME	NOTE	SUBJECT
WEEKEND 1		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 2			OFF	
WEEKEND 3		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 4			OFF	

# PRACTICE PROGRAM U14 NT

## MONTH PROGRAM

DATE	PLACE	TIME	NOTE
WEEKEND 1		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONING
WEEKEND 2		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONING
WEEKEND 3		<b>3 PRACTICES</b>	<b>CAMP</b>
WEEKEND 4			OFF

# PRACTICE PROGRAM U15 NATIONAL TEAMS

DATE	PLACE	TIME	NOTE	SUBJECT
WEEKEND 1		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 2			OFF	
WEEKEND 3		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 4			OFF	

# PRACTICE PROGRAM U17 NATIONAL TEAMS

DATE	PLACE	TIME	NOTE	SUBJECT
WEEKEND 1		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 2			OFF	
WEEKEND 3		2-3 HOURS	105 MIN BASKETBALL&45 MIN CONDITIONINIG	BB+CONDITIONING
WEEKEND 4			OFF	

# DAILY PRACTICE

TIME	SEGMENT	NOTES
40	PHYSICAL WORK	
15	FINISHING	
20	1X1 DEFENSE&OFFENSE	
15	SHOOTING	
10	NUMERICAL ADVANTAGE	
10	PASSING AND MOVING WITHOUT THE BALL	
30	TEAM OFFENSE &DEFENSE	

# U16/18/20

Starting on October (10 months before the championship) – practice 3 weekends every month (1 weekend off).

From January we will add a mid-week practice (physically & basketball).

6 Weeks before the European championship - every day practices (weekends off).

Throughout the year we will follow the players by full corporation with the player's club coach and club's condition coach

We make 4-6 international scrimmages before the European Championship.

In each quarter the players will have medical & mental test.



# PLAYER'S FILE

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PERSONAL

PHYSICAL

MENTAL

ANTHROPOMETRI

PROFESSIONAL

# PLAYER FILE - SUMMERY

SUBJECT	SUB THEME	EVALUATION
STRENGTH		
POINTS TO IMPROVE		
TECHNICAL TARGETS		
PHYSICAL TARGETS		

**1,000 players**

**10 years old kids start doing sports and playing basketball**



**50-80 players**

**Left after 19 old. (5%-8%)**

**For every 100 players super talented  
kids detected at 10 old.**



**Only 1-3 players (1%-3%) succeed as seniors**