

FEVAC Curriculum

1) The use of video in youth programs: Theoretical and practical aspects

Introduction to video as a learning tool in youth basketball

- Why video matters in youth development
- Differences between youth and senior athletes in video-based learning

Theoretical foundations

- Principles of motor learning and visual feedback
- Pedagogical approaches: guided discovery, self-analysis, and autonomy

Types of videos used in youth programs

- Game footage vs. Practice footage
- Individual skills clips, team concepts, and situational breakdowns: when and why.
- Live video, delayed video, and self-recorded clips

Building effective video sessions for young athletes

- Duration, structure, and communication strategies
- Adapting content to age group and maturity
- Keeping engagement high: interactivity and athlete participation
- Use of questions, reflection, and peer discussion

Integrating video into daily practice

- On-court feedback: immediate vs. post-session feedback
- Using video to support fundamentals, decision-making, and game principles
- Building routines: weekly structures and long-term planning

Case studies and applied examples

- Examples from youth practices and games
- Demonstration of a complete video teaching session for u14, u16, u18
- How to measure progress and evaluate learning outcomes

2) Individual development: How to use the video

Introduction to video for individual player growth

- Why video is essential for personalized development
- Differences between individual and team video approaches

Theoretical principles of individual feedback

- Self-assessment vs. Coach-driven assessment
- Building awareness, perception, and decision-making

Identifying individual development goals through video

- How to define key development areas (skills, habits, reads)
- Using baseline footage to assess strengths and weaknesses
- Setting realistic, measurable improvement targets: methodologies

Types of individual video content

- Technical fundamentals (shooting, ball-handling, footwork)
- Tactical reads (pick-and-roll, closeouts, advantages)
- Behavioural and competitive habits (effort, spacing, communication)
- Comparison clips: self vs. Elite players

Designing effective one-to-one video sessions

- Structure, duration, and communication style
- Ensuring clarity and simplicity
- How to guide players toward self-recognition of patterns
- Questions that stimulate reflection and ownership

Practical tools and video workflows for individual development

- Tagging and isolating key actions
- Creating short, focused video playlists
- Using mobile devices during practice for instant feedback
- Integrating video with skill development drills

Challenges in individual video work and how to overcome them

- Avoiding over-coaching and information overload
- Adapting to different learning styles and personality types
- Maintaining motivation and player engagement

Applied examples and case studies

- Example of a complete individual video review session
- Player improvement stories supported by video analysis
- Demonstration: turning a single clip into a development plan

3) The use of videos during practices: Strategies and ideas

Why use video during practices

- Benefits of immediate visual feedback
- Enhancing learning speed and decision-making

Types of in-practice video

- Individual vs. Group feedback clips

Practical strategies

- Quick on-court review stations
- Using video to correct fundamentals and positioning
- Integrating video into small-sided games and situational drills

Workflow and tools

- Simple recording and tagging methods
- Efficient clip selection for rapid feedback
- Using affordable and accessible technology

Coaching communication

- Keeping feedback short and clear
- Encouraging player self-analysis and peer discussion

Implementation tips

- When to stop practice for video review
- Managing time and maintaining practice rhythm
- Building consistent routines

4) Game preparation: Opponents' offensive and defensive tendencies and style of play

Introduction to opponent scouting

- Purpose of analysing tendencies
- When to stop practice for video review
- Balancing detail with players' cognitive load, season structure, number of games, level of players....

Offensive tendencies

- When to stop practice for video review
- Advantageous "formula": pick-and-roll, transitions, post play, spacing habits.
- Disadvantageous "formula": what creates low level efficiency
- Identifying patterns and recurring situations

Defensive tendencies

- Pressure levels, rotations, and help principles
- Defensive choices
- Matchups and defensive weaknesses

Style of play analysis

- When to stop practice for video review
- Pace, shot selection, spacing, and physicality
- Team identity and overall strategic behaviour

5) **Game preparation: Personnel analysis - How to define strengths & weaknesses**

Purpose of individual opponent analysis

- How player tendencies influence the game plan
- Prioritizing what matters and what we can control of a player

Offensive strengths and weaknesses

- Scoring zones, shot selection, and efficiency patterns
- Ball-handling, decision-making, and preferred actions
- Transition behaviour, finishing ability, and passing tendencies

Defensive strengths and weaknesses

- On-ball defense, lateral mobility, and physical matchups
- Help-defense habits and rotation reliability
- Rebounding presence and discipline

Collecting and organizing video evidence

- Selecting meaningful clips (3–6 actions per theme)
- Identifying repeatable patterns vs. Isolated plays
- Using comparison clips for clarity

Translating analysis into scouting priorities

- Creating simple “do/don’t” rules for matchups
- Adjusting the team strategy based on key players
- Highlighting exploitable tendencies

6) **Game preparation: From the videos on the court**

Connecting video analysis to on-court execution

- Turning scouting insights into practical actions
- Ensuring players understand *why* and *how* before practicing

Designing practice sessions based on video findings

- Selecting key clips that define the opponent’s behaviour
- Identifying the 2–3 priorities that must be practiced

Translating tendencies into drills

- Creating situational drills based on opponent actions (e.g., specific pick-and-roll coverages, transition habits)
- Simulating offensive and defensive patterns seen in video

Implementing tactical adjustments

- Introducing game-plan concepts progressively during practice
- Using constraints and small-sided games to reproduce opponent tendencies

Video feedback during practice

- Helping players connect the drill with the upcoming opponent's behaviour

Evaluation and refinement

- Monitoring whether the game plan is understood and executed
- Adjusting drills based on player responses and clarity

7) Self-scouting: Post-game analysis

Purpose of self-scouting

- Understanding team identity through objective review
- Identifying patterns, habits, and recurring issues

Collecting key post-game footage

- Selecting clips that represent offensive, defensive, and effort-related behaviours
- Focusing on trends rather than isolated actions

Offensive and defensive evaluation

- Assessing spacing, shot quality, ball movement, and decision-making
- Reviewing coverages, rotations, and transition habits

Statistical and video integration

- Combining analytics with visual evidence connected to the game plan

Building a clear and usable review

- Organizing clips into short, focused categories
- Creating a "3 things we did well / 3 things to improve" structure

Transforming analysis into training priorities

- Extracting key improvement areas
- Designing the next practice plan based on post-game insights

8) Game preparation: Tools and ideas to collect stats

Introduction to statistical analysis in basketball

- Role of stats in scouting, game preparation, and player development
- Key metrics

Data collection tools

- Manual score sheets vs. Digital apps and software
- Video-assisted stat tracking
- Quick, practical solutions for practices and games

Reading and interpreting stats

- Identifying patterns and trends in offensive and defensive performance
- Translating numbers into actionable insights
- Prioritizing what is meaningful for the team and individual players

Integrating stats with video analysis

- Linking quantitative data to observed behaviours
- Enhancing scouting and self-scouting reports

Practical tips for coaches

- Focus on a few key indicators per game
- Presenting stats in a simple, player-friendly way
- Using stats to plan practice priorities and game strategies

9) Beyond the stats: Integration and contradictions with the video

Understanding the limits of statistics

- Stats show what happens, but not always *why*
- Recognizing incomplete or misleading data

Video as contextual evidence

- Using video to confirm or challenge statistical findings
- Observing nuances that numbers alone cannot reveal

Integrating stats and video analysis

- Combining quantitative and qualitative insights
- Building a more complete understanding of team and player performance

Identifying contradictions

- Detecting discrepancies between stats and observed behaviour
- Investigating causes and adjusting analysis methods

Practical applications for coaches

- Using integrated insights to plan practices, set priorities, and make tactical decisions
- Communicating findings effectively to players and staff

10) How to create a video: Methodology and theoretical aspects

- Purpose and objectives of video creation
- Cognitive and learning principles
- Planning and structuring video content
- Editing and highlighting key actions
- Presentation and feedback
- Evaluation of effectiveness

11) Youth program and senior level: Same tool, different approach

Video as a learning medium across ages

- Video provides visual feedback and enhances mental representation
- The cognitive and emotional readiness of the athlete determines how video is processed

Youth programs: psychological and methodological focus

- Motivation & engagement
- Cognitive load management
- Self-discovery & reflection
- Positive reinforcements

Senior/professional level: psychological and methodological focus

- Strategic thinking
- Cognitive challenge
- Accountability & autonomy
- Critical feedback

Methodological adjustments

- Youth: short clips, guided questions, visual cues, and immediate feedback
- Senior: short clips, statistical support, detailed annotations, and scenario-based discussion

12) Guidelines for organizing a meeting and demonstrating appropriate conduct throughout its proceedings, considering the importance of soft skills.

- Purpose and objectives of the meeting
- Planning and preparation
- Structure and flow of the meeting
- Communication and interaction
- Demonstrating appropriate conduct
- Documentation and follow-up
- Use of tools