

# TO TEACH MINIBASKETBALL

## INSEGNARE MINIBASKET

*from knowledge to skills*

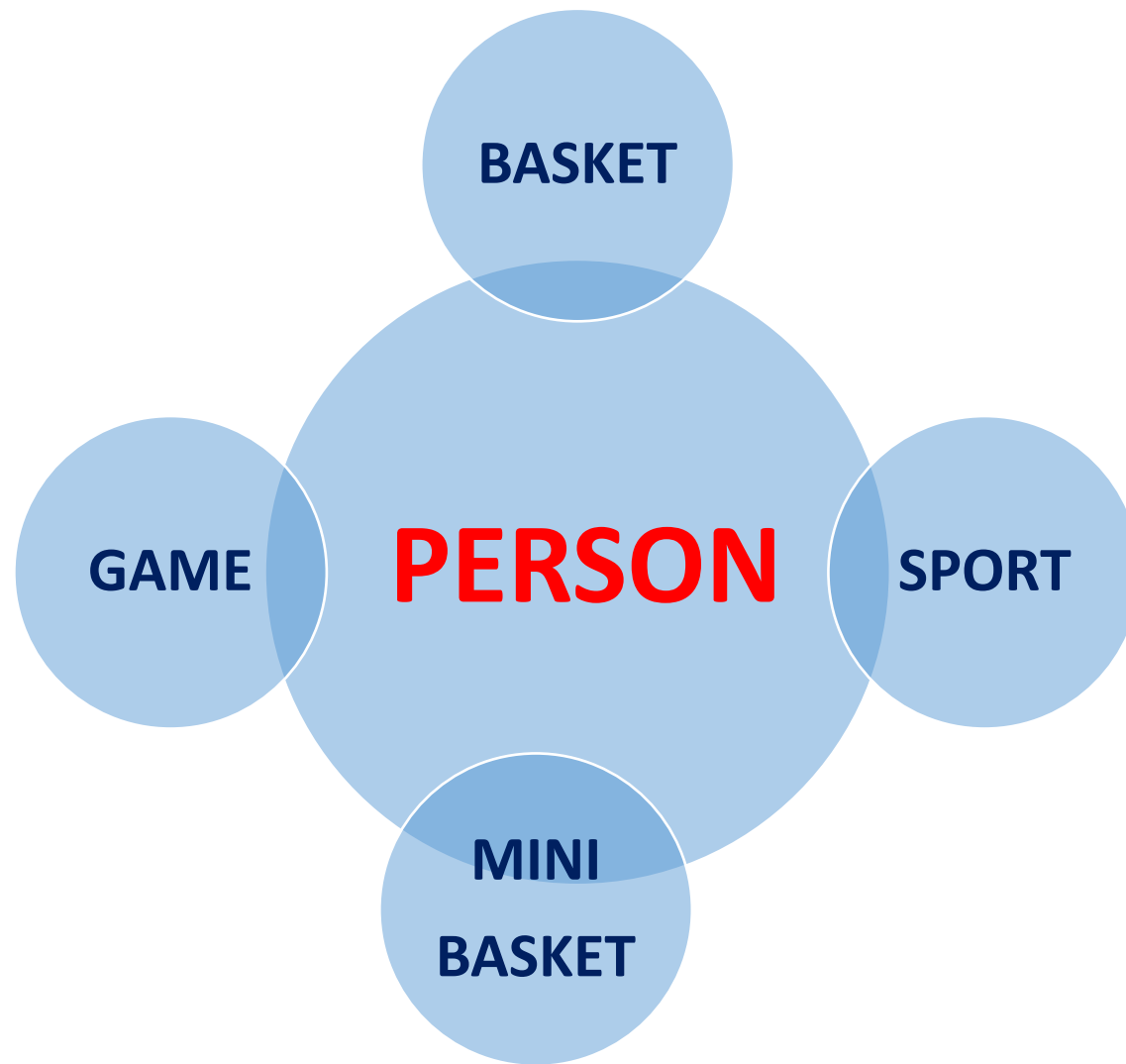
*dalle conoscenze alle competenze*

*from an easy approach to integration with basketball*

*dall'approccio Easy all'integrazione con la pallacanestro*

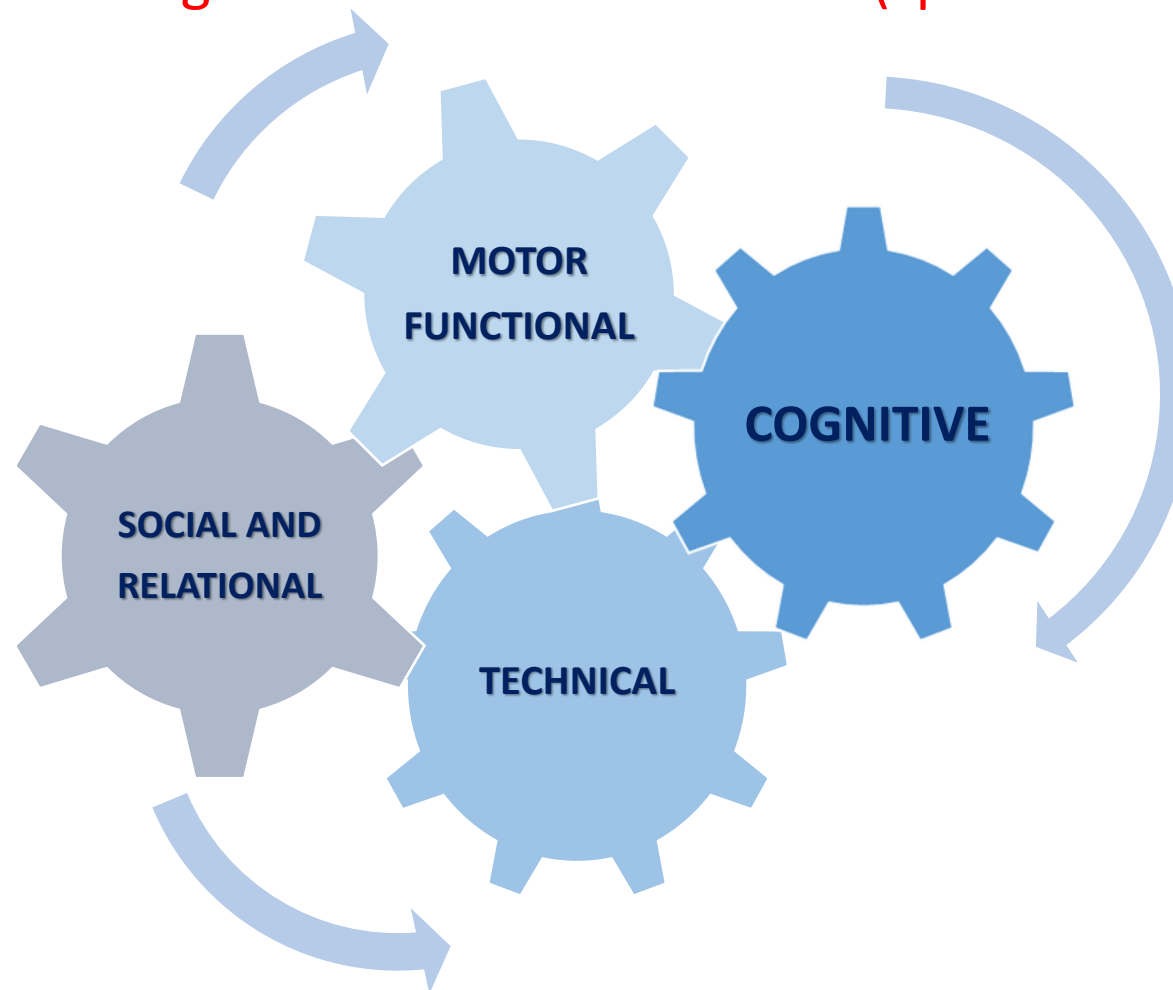


before starting .....  
*prima di iniziare*



The reference model for those who "TEACH" Minibasket ... in Italy (we hope!!!).  
Il modello di riferimento per chi Insegna Minibasket .... In Italia (speriamo!!!).

**AREAS OF  
REFERENCE**  
aree di riferimento



# The strong points.

*I punti forti.*

## AREAS



- **BASIC MOVEMENTS**
- schemi motori di base
- **SENSE PERCEPTION**
- senso percezioni
- **MOTOR SKILLS**
- capacità motorie

**MOTOR  
FUNCTIONAL**

**SOCIAL AND  
RELATIONAL**

- **RELATIONS**
- relazione
- **EMOTION**
- emozione

**TECHNICAL**

**COGNITIVE**

- **THE  
FUNDAMENTALS  
AS TOOL**
- i fondamentali come  
strumenti

- **COGNITIVE  
FUNCTIONS**
- Funzioni cognitive
- **EXECUTIVE  
FUNCTIONS**
- Funzioni esecutive

The strong points.

*I punti forti.*

**THE FUNDAMENTALS**  
**to dribble – to pass – to shoot and defence**  
**ARE THE TOOLS TO BE USED**  
**TO DEVELOP MOTOR SKILLS**

**MOTOR SKILLS:**

- **motor control**
- **motor combination**
- **adaptation and transformation**
- **orientation and differentiation space-time**
- **anticipation and choice**



**THE ADEQUATE OBJECTIVE**  
gli obiettivi adeguati  
**OF A "REAL EDUCATIONAL ACTIVITY«**  
di una vera attività educativa  
**WE BELIEVE TO GIVE TOOLS TO THE PERSON,**  
noi crediamo sia dare strumenti alla persona  
**TO GROW....**  
per crescere  
**AUTONOMY**  
**RESPONSIBLE**  
**COLLABORATIVE.**



What the Instructors forget.....



## COGNITIVE FUNCTION

- ▶ MEMORY
- ▶ ATTENTION
- ▶ PERCEPTION
- ▶ THOUGHT
- ▶ SPACE-TIME DIMENSION
- ▶ LANGUAGE
- ▶ MENTAL PROCESS

## EXECUTIVE FUNCTION

- ▶ PLANNING
- ▶ DECISION
- ▶ INHIBITION
- ▶ ADJUSTMENT
- ▶ CORRECTION
- ▶ ACTION



**COGNITIVE FUNCTIONS ALLOW THE INDIVIDUAL**  
*le funzioni cognitive permettono all'individuo*  
**TO PERCEIVE, TREAT, INTEGRATE AND USE**  
*di percepire, trattenere, integrare e utilizzare*  
**THE INTERNAL AND EXTERNAL SIGNALS**

**THE EXECUTIVE FUNCTIONS ARE MENTAL MODULES**

*le funzioni esecutive sono i moduli mentali*

**THAT COORDINATE THE ENTIRE COGNITIVE SYSTEM**

*che coordinano l'intero sistema cognitivo*

**AND MANAGE THE ADAPTIVE REPLIES**

*e gestiscono le risposte adattative*

**TO NEW OR CHANGE ENVIRONMENTAL**

*per rinnovare o modificare*

**CONDITIONS AND SITUATIONS.**

*le condizioni e le situazioni ambientali.*

*i segnali esterni ed interni*

**AND CREATE THE PROGRAMMING**

*e creare la programmazione*

**OF YOUR BEHAVIOR.**

*del comportamento.*





**VARIABLES COMBINED BETWEEN THEM,**  
*variamente combinate tra loro*  
**THE COGNITIVE AND EXECUTIVE FUNCTIONS**  
*le funzioni cognitive ed esecutive*  
**CONTRIBUTE TO DETERMINE**  
*contribuiscono a determinare*  
**INTELLIGENCE OF EVERY INDIVIDUAL**  
*l'intelligenza della persona*  
*(World Health Organization)*



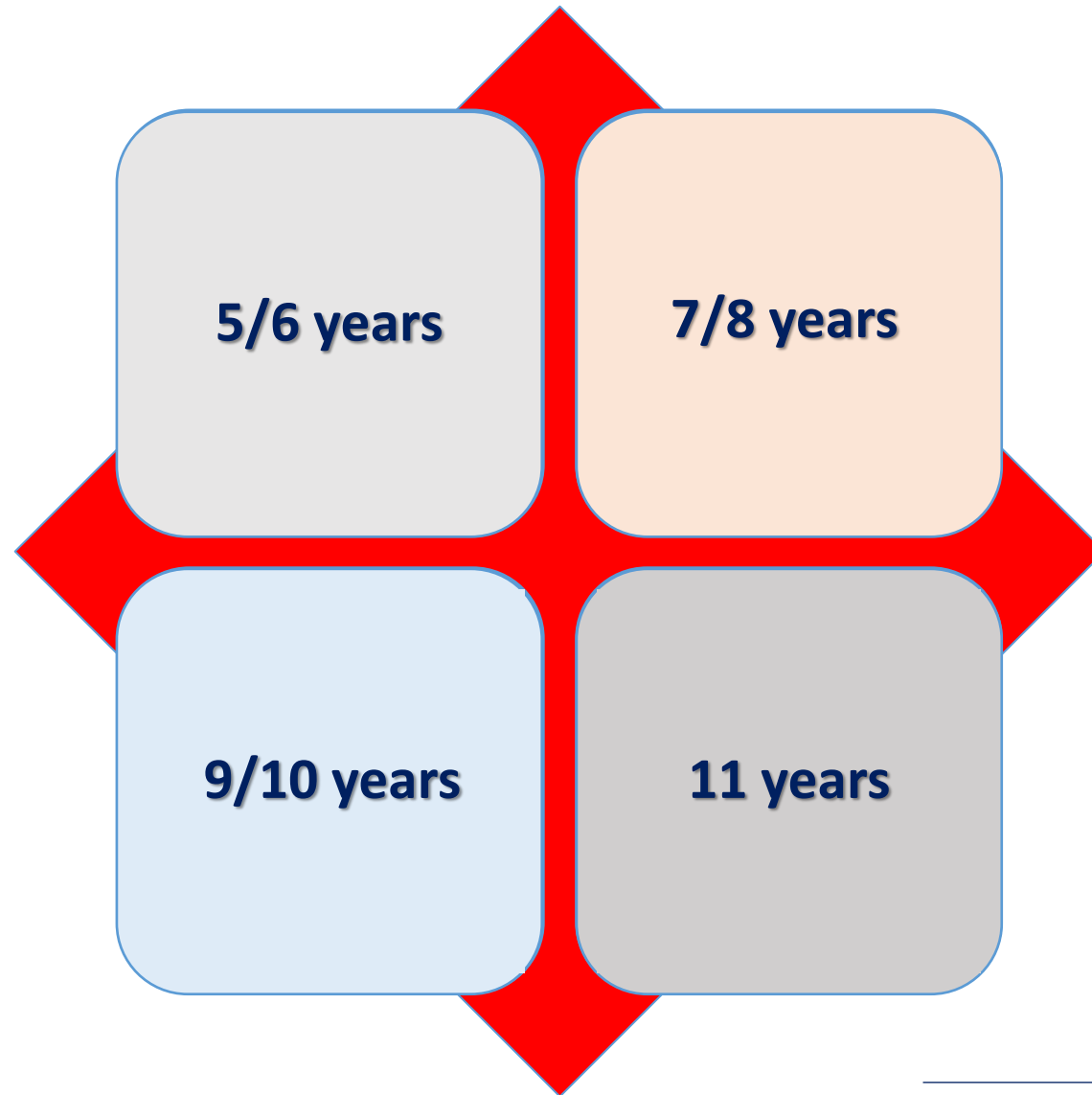
**WHAT WE WANT TO TEACH ?**

**Models of Teaching of Minibasket ... compared.**



<b>BASED ON PERFORMANCE</b>	
<b>Coach at the center</b>	
<b>Directed by the Coach</b>	
<b>Focus on teaching</b>	
<b>Coach directs and boys perform</b>	
<b>Organized in lessons</b>	
<b>Uniform for all the player</b>	
<b>The lesson is a sequence of exercise or games to be reproduced faithfully</b>	
<b>Weak cognitive and emotional involvement of the child</b>	

A long way.



**PHASES OF  
ACTIVITY**

Take care of the preparation lesson.  
Aver cura della lezione da preparare.

**PHASES  
OF THE LESSON**

**activation**

**central phase**

**final phase**

Take care of the preparation lesson.  
Aver cura della lezione da preparare.

# activation

- ✓ **movement and intensity**  
movimento e intensità
- ✓ **all involved**  
tutti coinvolti
- ✓ **high physical load**  
elevato carico motorio
- ✓ **cognitive stimuli**  
stimoli cognitivi

Take care of the preparation lesson.  
Aver cura della lezione da preparare.

## central phase

- ✓ **"power game"**  
utilizzo dei giochi di potere
- ✓ **small groups**  
piccoli gruppi
- ✓ **don't lose the load**  
non perdere il carico
- ✓ **executive stimuli**  
stimoli cognitivi

Take care of the preparation lesson.  
Aver cura della lezione da preparare.

## final phase

- ✓ **game situations**  
situazioni di gioco
- ✓ **in different forms**  
in forme diverse
- ✓ **cognitive ed executive stimuli**  
stimoli cognitivi ed esecutivi
- ✓ **check the learning**  
verificare gli apprendimenti



Teaching is **listening, recognizing, understanding,**  
INSEGNARE E' ASCOLTARE – RICONOSCERE – CAPIRE  
to teach is to **help, to accompany, to support;**  
INSEGNARE E' AIUTARE – ACCOMPAGNARE - SOSTENERE  
teaching is a fantastic **opportunity,**  
INSEGNARE E' UNA FANTASTICA OPPORTUNITA'  
teaching is a big **responsibility.**  
INSEGNARE E' UNA GRANDE RESPONSABILITA'

**STAFF MINIBASKET FIP**