

Coach Clinic zusammen mit Frontera Experience DEVELOPMENT AND PERFORMANCE, UNLEASH AND BREAKTHROUGH PLAYERS AND TEAMS

Termin: Sonntag, 19. Juli 2020, ab 9:30 bis 18:00 Uhr
Ort: Rundsporthalle, Stadionring 18, 44791 Bochum
Veranstalter: VfL AstroStars Bochum 1848 e.V.
in Zusammenarbeit Frontera Experience, WBV und DBB
Lehrgangsleitung: Xavi Garcia und Jürgen Mühlenbein-Severin

Programm

9:30 Uhr Check-In

10:00 – 14:00 Uhr

FRONTERA FUNDAMENTALS

- Body, Emotions and Mind in the game. (Xavi Garcia)
- Build yourself to be a Pro. Technic Basics (Felix Banobre)
- Operative Tactics. Offense and Defense (Antonio Perez)
- Philosophy of Practice. How to empower your players leadership (Ricard Casas)

15:00 – 18:00 Uhr

DEVELOPMENT, ACB, EUROLEAGUE

- Universal Creative Plays for development. Offense and defensive (Felix Banobre)
- Off & Def Transition Structures in Euroleague (Ricard Casas)
- Off & Def Structures in ACB (Antonio Perez)
- Deep in the learning. Closing. (Xavi Garcia)

Die Anmeldung erfolgt formlos per mail an fortbildung@vflastrostars.de

Folgende Kontaktdaten sind dabei mindestens anzugeben:

Anrede, Name, Vorname, Verein, E-Mail Adresse, Mobil-Nr.

Für die Veranstaltung ist eine Teilnahmegebühr von 30,00 € zu entrichten. Sie ist mit der Anmeldung auf folgendes Konto fällig:

IBAN: DE22430500010016006249, Sparkasse Bochum

Eine Teilnahme ist nur möglich mit Erhalt einer Bestätigungsmail und nach Überweisung der Teilnahmegebühr. Mit der Anmeldung werden die auf der VfL AstroStars homepage hinterlegten [Datenschutzbestimmungen](#) akzeptiert.

Wenn die Fortbildung zur Lizenzverlängerung (C-Lizenz) genutzt werden soll, ist eine zusätzliche [Anmeldung](#) über den WBV erforderlich.

Fragen zur Anmeldung oder zu den Themen an:

Jürgen Mühlenbein-Severin

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DEVELOPMENT AND PERFORMANCE
UNLEASH AND BREAKTHROUGH
PLAYERS AND TEAMS
JULY 19th, Bochum (Germany)





RICARD CASAS. FC Barcelona.
Euroleague and ACB (Top League in Spain)
Assistant Coach Former ACB Head Coach
Former Ass Coach Spain National Team
(Coached players: Pau and Marc Gasol, Ricky Rubio,
JC Navarro, Calderón)

XAVI GARCIA. Frontera
Experience
Development coaches and players.
Former ACB Coach
Former U16 Spain National Team
Coached Sergi Llull in ACB and National Team



ANTONIO PEREZ. ACB Assistant Coach
Valladolid, Estudiantes
Former LEB (2nd Division in Spain) Head Coach

FELIX BAÑOBRE. Bochum
Germany ProB Head Coach
Former LEB Head Coach and ACB Ass Coach



JULY, 19th 10h to 14h.

FRONTERA FUNDAMENTALS

1) Xavi Garcia: “Body, Emotions and Mind in the game.”

Emotions in the learning process. Communication. Relationships coach-players. Leadership.

2) Felix Banobre: “Build yourself to be a Pro. Technic Basics”

Body Balance. Shooting, passing, dribbling... Body self-awareness. Self-feedback.

3) Antonio Perez: “Operative Tactics. Offense and Defense”

1 on 1, pick and roll, screens, spacing

4) Ricard Casas: “Philosophy of Practice. How to empower your players leadership”

Work ethics. Focus on details. Individualization. Challenge. Demand. Take care.

“Coach **Antonio Pérez** is a Great coach with clear ideas and standards for his players. Hard working person who doesn't mind spending a lot of extra time for players development and bring the best out of them.. Great person to be around and to learn from”.

Vlady Gerun (Unicaja de Málaga, ACB, Eurocup, internacional absoluto con Ukraine)

“I will always be grateful to **Xavi Garcia**. He signed me for Manresa when I was 15 years old and he gave me the opportunity to start my ACB career in 2005, when I was 17. He is a very meticulous coach who cares about players both on and off the court”

Sergi Llull (Real Madrid, Spanish National Team)

July, 19th. 15h to 18h

DEVELOPMENT, ACB, EUROLEAGUE

1) Felix Banobre: “Universal Creative Plays for development. Offense and defensive.”

Create a context, a game model that allows players learn and grow.

2) Ricard Casas: “Off & Def Transition Structures in Euroleague”

The main competition in Europe. TOP 16 Teams.

3) Antonio Perez: “Off & Def Structures in ACB”

Players like Pau and Marc Gasol, Ricky Rubio, Doncic, Ibaka, Mirotic, Porzingis started their careers in ACB.

4) Xavi Garcia: “Deep in the learning”. Closing.

How to Remind, focus and connect all the learnings from this clinic. Share feelings and thoughts between all the participants.

*“This is what **Felix**’s got, his enormous ability to make young players play with veteran players, you will never notice who’s the young and who’s the veteran. It was a pleasure to play for him”.*

Eric Johnson. Retired NBA Spurs , ACB Valencia (brother Vinnie “microwave” Johnson)



Frontera Experience