



U14 INTERNATIONAL

COACHING CLINIC



Ben Moes
Sports Physiotherapist



Janne Schasmin
FIBA Coach
Head coach National Team
Estonia (Women)



Sebastian Alfeld
Sports psychologist



Mariusz Dziurdzia
Head Coach
National Team Luxembourg

7TH - 8TH JULY 2018

CENTRE SPORTIF "AM SAND" OBERANVEN

Info/Registrations:

flbb@flbb.lu



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SATURDAY 7TH JULY 2018

10h00-10h15	Introduction FLBB	
10h15-11h45	Shooting mechanics	Janne Schasmin
11h45-13h00	Lunch Break	
13h00-14h30	Fundamentals and Offensive Skills for U14 Players	Mariusz Dziurdzia
14h30-14h45	Coffee Break	
14h45-16h15	What makes my players execute	Sebastian Altfeld
16h30-18h00	Transition for U14 Players	Mariusz Dziurdzia
19h00	International Game - U14W	

SUNDAY 8TH JULY 2018

09h30-11h00	Individual defense	Janne Schasmin
11h00	Coffee Break	
11h00-12h30	Injury Prevention and Athletic Training in Youth Basketball	Ben Moes
12h30-13h30	Lunch Break	
13h30-15h00	Passing and moving without the ball	Janne Schasmin
15h00	Discussion / End	

Price: 40 € (T-Shirt, 2x lunch included)

Clinic languages: german & english

Registrations: by mail to flbb@flbb.lu

and transfer to the FLBB bank account:

BIC: BCEELULL | IBAN: LU31 0019 2000 0135 4000

Communication: „Coach Clinic Grengewald“