



PELATIHAN BOLABASKET

ALEN RISMAYADI



PERMASALAHAN

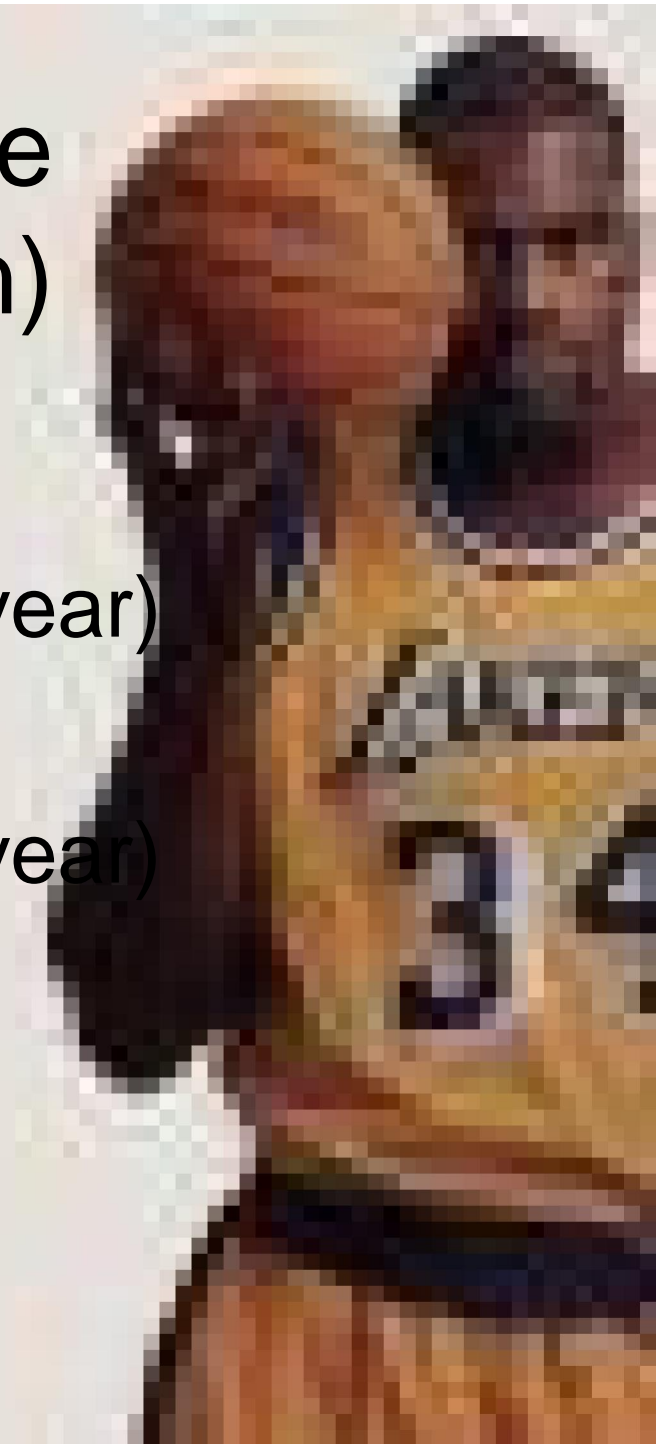
- Neal Meyer (LA Clippers)
Joe Prunty (Port. Trail Blazers)
Mengungkapkan bahwa:
Permasalahan yang mendasar bagi anak2 yang mengikuti IDC Surabaya (160 peserta) adalah **Fundamental**.
- Semakin tinggi seseorang, dia harus ingat arti sebuah fundamental. Karena itu, jangan pernah lupakan dasar-dasar bermain basket yang baik.

- Prunty mengungkapkan: seorang pebasket hebat tidak lahir secara instan. Ada proses panjang bertahun-tahun yang harus dilalui dengan kerja keras. Seseorang boleh saja memiliki bakat hebat. Namun, tanpa kerja keras dia tidak akan bisa jadi seorang bintang.
- Neal Meyer: Ingat pepatah yang mengatakan bahwa bayi harus merangkak dulu sebelum bisa berlari.

			AGE																		
			6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22		
Training Phase			Initiation						Athl. form				Spec				H. Perf				
Skill acquisition		Technical	Basic skills						Auto				Perfection								
		Tactical	Simple indiv. Tactics						F. of T. ta				Perfection								
T R A I N I N G	Coordination		Simple						Complex				Perfection								
	Flexibility		Overall						Specific				Maintain								
	Speed	Agility																			
		Linear																			
		Turns/changes in directions																			
		Reaction time																			
	Strength	Anatomical adaptation																			
		Muscular endurance																			
		Power																			
		Maximal strength																			
	Endurance	General																			
		Aerobic																			
		Anaerobic																			
COMPETI-TION	Fun																				
	Local																				
	State/provincial																				
	National																				
	International/professional																				
Legend: Athl. Form = Athletic formation Auto = Skill automatis F. of T. ta. = Foundation of team tactics Spec. = Specialization in a given event (s) Comp. = Competitions. H. perf. = High performance																					

Training Phase (Fase Latihan)

- Initiation (under 12 year)
- Athletic Formation (13 – 16 year)
- Specialization (17 – 20 year)
- High Performance (21 – 25 year)



Skill Acquisition Training



1. Technical

a. Basic skills (under 14 year)

b. Auto (skill automatis) (15 – 18 year)

c. Perfection (19 – 25 year)

2. Tactical

a. Simple individual tactic (under 14 year)

b. Foundation of team athletic (15 – 18 year)

c. Perfection (19 – 25 year)

Physical Acquisition Training



1. Coordination

- a. Simple coordination (under 14 year)
- b. Complex coordination (15 – 18 year)
- c. Perfection (19 – 25 year)

2. Flexibility

- a. Overall flexibility (under 14 year)
- b. Specific flexibility (15 – 18 year)
- c. Maintain flexibility (19 – 25 year)

Physical Acquisition Training

3. Speed

a. Agility (12 – 19 year)

b. Linier (12 – 25 year)

c. Turn/changes in directions (14 – 25 year)

d. Reaction time (14 – 25 year)

4. Endurance

a. General (8 – 11 year)

b. Aerobic (12 – 25 year)

c. Anaerobic (14 – 25 year)

Physical Acquisition Training

5. Strength

- a. Anatomical adaptation (12 – 18 year)
- b. Muscular endurance (16 – 25 year)
- c. Power (16 – 25 year)
- d. Maximal strength (18 – 25 year)



TERIMA KASIH