



SPS

Sports Performance Specialist | Level 1 Certification



Sustain your athlete's
career through SPS

#gamechanger



CONCEPT

**Empowering local physical trainers with a program
to promote S&C in National Teams and local Cubs**

OBJECTIVES

Instructing coaches, athletes, and stakeholders regarding the S&C of the Basketball game

Spreading awareness through education to have better return on investments for Basketball Clubs and managements

Having a pool of local candidates to hire qualified S&C coaches for planning and implementing programs across National Teams and Clubs

Improving the athletic capabilities of the National Teams and Clubs by building young generations with proper biomechanics/human movement

Decreasing injury incidence among players

CURRENT & COMMON CHALLENGES

No standard set in the region

Lack of S&C coaches versus abundance of general fitness personal trainers

Abundance of non-contact injuries due to wrong training and/or overtraining

Clubs view hiring a specialized and qualified S&C coach as an extra expense that adds little value

SPORTS PERFORMANCE SPECIALIST

STEP 1

To train local potential S&C coaches with FIBA Experts to elevate standards

STEP 2

To take this initiative and raise awareness for National Federations on how S&C reduces injury and has better return on investments for clubs

STEP 3

To create Wide pool of S&C candidates for National Federations to hire for National Teams and Clubs

STEP 1: TRAINING THE LOCAL S&C COACHES

1-National Federations must assign a pool of potential S&C coaches with qualifications such as passion regarding fitness training and theoretical – practical experience in Basketball programs.

2- Training will be organized for these S&C coaches in their respective country let by a FIBA expert; it will include:

- 3-level program that progresses from basics to practical extensive applications
- 75 total conducted hours split among the 3 Levels
- Multiple choice and practical tests to be conducted depending on the level of the potential coach
- Certificate of completion from the National Federation under the FIBA RO - Asia

3- The SPS graduates become part of a community (this will be organized in a facebook group) for continuous support, news, and follow up.

SPS TRAINING PROGRAM

Level 1

2 days (5 hours per day)

- *morning session*
theoretical: 2.5 hours
- *afternoon session*
practical : 2.5 hours

Level 2

5 days (5 hours per day)

- *morning session*
theoretical : 2.5 hours
- *afternoon session*
practical : 5 hours

Level 3

8 days (5 hours per day)
Practical application sessions

STEP 2: SPS PROCESS

Level 1

- Perform proper assessments
- Understand main Basketball injuries
- Differentiate between the roles of an S&C coach and a physiotherapist
- Introduce the S&C training systems
- Apply proper coaching cues and techniques with Basketball athletes

Level 2

- Design proper S&C programs through a thorough understanding of the S&C phases
- Master different 15 musculoskeletal assessments on athletes
- Learn about advanced sports injuries rehab methods and post rehab process
- Use 3D-bodyweight-exercise approaches to training athletes from post rehab to back on court actions

Level 3

- Organize an 8-day camp with practical applications on professional local Basketball athletes (by National Federations)
- Learn how to Master becoming a sports performance specialist by applying all of the principles from level 1 and 2 in a 100% practical model

BENEFITS OF S&C FOR BASKETBALL ATHLETES

1

Prevents injury and enhances recovery

2

Improves performance through different metrics like strength, speed, change of direction, and power

3

Boosts endurance, flexibility, muscle mass, coordination, and agility

SPS Coaches and National Federations Support

Working with the National Federations will

- Help connect local S&C coaches with clubs and teams
- Make a certified SPS by FIBA a requirement for hiring an S&C coach in National Teams and Clubs
- Offer recognition to outstanding SPS coaches from the program by offering
 - Letter of recommendation
 - Internship opportunities in clubs

Benefits of being an SPS coach

- Undergoing an S&C program approved by FIBA ASIA
- Receiving recognition from FIBA
- Developing personal experience
- Contributing to National Basketball development

Profile of SPS coaches

- Young SPS coaches
- Passionate about Basketball, specifically S&C
- Technically knowledgeable
- Proactive

National Federations Requirements

Handle full on-board accommodation of the program's instructors in a minimum 4- star hotel as well as local transportation

Provide assistance in obtaining entry visas for the clinic instructors, if necessary

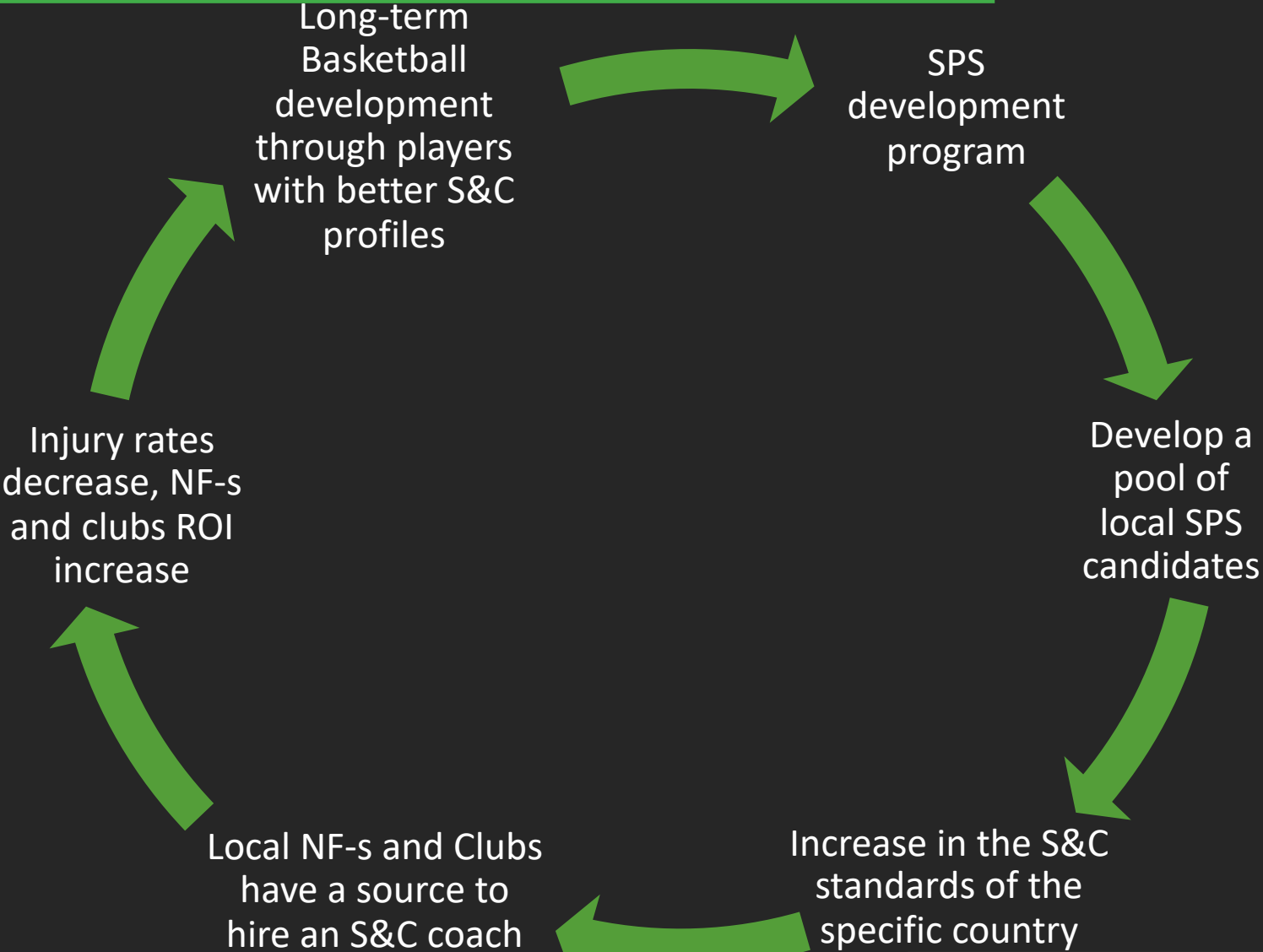
Provide and arrange equipments and facilities (court, classroom)

Provide a translator, if necessary

Program Impact

The idea behind SPS is to empower local S&C coaches to have the needed knowledge to lead their National Teams and Clubs through S&C.

The goal of this program is to decrease the injury rates and increase the knowledge of coaches about S&C in order to elevate the standard of Basketball.





The FIBA Regional Office – Asia aims at laying the foundation of Physical Training through education to elevate the standards of S&C coaches in Basketball.

Hagop Khajirian
FIBA Executive Director Asia