

Valencia Basket Academy Greece Elite Development Program

25-28/10

Elite Development Camp:

Total participants: **34**

- **Group A:** U16 (2009): 12 players
 - **Group B:** U15 (2010): 12 players
 - **Group C FEMENINO:** WU15 (2009-2010): 8-10 players
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- Coordinator: **Carlos Martin Alvarez**
 - Coaches: **Kostas Telakis**
 - Evaluation / Scouting: **Panagiotis Vasilopoulos**
 - Ergometries: **Vagellis Matsagouras – Kostas Chatzoudis**

Coaches Seminar

Total participants: **10-15** coaches

- Coordinator: **Carlos Albert**
- Assistant: **Klearchos Panousis**

Program Elite Development Camp

Friday 25/10:

Distance Myrto Hotel – Pallini Sport Center: 16km – 20min

Training: **Pallini Sports Center Grigoris Lamprakis** (Leof. Marathonos 7, Pallini 153 51)

17.00 - 18.15: Training Session **Group C** FEMENINO WU15

18.30 - 19.45: Training Session **Group B** U15

20.00 - 21.15: Training Session **Group A** U16

Saturday 26/10:

09.30 -10.45: Training Session **Groups C** FEMENINO WU15

11.00-11.30: Ergometries **Groups C** FEMENINO WU15

11.00 -12.15: Training Session **Groups A** U15 + **B** U16

12.30 - 13.30: Ergometries **Groups A** U15 + **B** U16

17.00 - 18.15: Training Session **Group C** FEMENINO WU15

18.30 - 19.45: Training Session **Group B** U15

20.00 - 21.15: Training Session **Group A** U16

Sunday 27/10:

09.30 -10.45: Training Session **Groups C** FEMENINO WU15

11.00 -12.15: Training Session **Groups A** U15 + **B** U16

12.30-13.00: Meeting with Parents and Players

17.00 - 18.15: Training Session **Group C** FEMENINO WU15

18.30 - 19.45: Training Session **Group B** U15

20.00 - 21.15: Training Session **Group A** U16

Monday 28/10:

09.30 -10.45: Training Session **Groups C** FEMENINO WU15

11.00 -12.15: Training Session **Groups A** U15 + **B** U16

Ergometries

1. **Body Measurement:** Weight, Height, Flexibility, Lipid Measurement,
2. **TEST 12m.:** Speed measurement,
3. **TEST 5-10-5:** agility measurement,
4. **TEST 4X10:** speed measurement, change of direction and body control,
5. **TEST AK PENDULUM:** measuring agility and explosiveness with short distance speeds and 180 degree change of direction,
6. **BEEP TEST:** measuring endurance (your ability to maintain linear speed and strength with minimal amounts of rest),
7. **BOSCO CHRONOMAT:** Measurement of vertical jump on dynamic floor.