



# Program Clinic Ron Adams @ University Twente

## September 7 & 8

Questions or extra information can be submitted by e-mail to: [clinic@twente-basketball.com](mailto:clinic@twente-basketball.com)

Information about food, beverages, lunch will be communicated during the coming weeks.

If you would like information about hotels, send an e-mail to: [clinic@twente-basketball.com](mailto:clinic@twente-basketball.com)

A **certificate of participation** will be submitted to the attendees.

Basketball trainers/ coaches can earn licensepoints by attending the clinic.

A total of **12 licensepoints** can be earned.

### Saturday September 7th

#### Saturdaymorning

Date: Saturday September 7th

Location: Sportcentrum University Twente, De Hems 20 , 7522 NL Enschede

Duration total: 3,5 hours

Start time: 9:00 hours

End time: 12:30 hours

General topic: **What can sportorganizations learn from NBA organizations?**

Duration topicdiscussion: 2 sessions x 60 minutes total excluding a break of 15 minutes and 15 minutes of panel or audience discussion

Name moderator: Unknown at the moment

Time	Topic	Clinician/ Speaker
09:00-09:45	Registration	
09:45- 10:00	Introduction of Twente Basketball and Ron Adams, participants and preview of the program	René Ebeltjes with moderator
10:00-11:00	Topic 1 <b>Leadership, Team Culture and developing a coaching philosophy</b>	Ron Adams with moderator



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11:00-11:15	Break	
11:15-12:15	Topic 2 <b>Coach Education and Development</b>	Ron Adams with moderator
12:15-12:30	Panel/ Audience discussion	
12:30-13:30	Lunch	

### 1. Leadership, Team Culture and developing a coaching philosophy

Coach Adams can share insights into leadership principles, team culture, team performance, coaching strategies, player tactics and player-coach relationships that foster cohesion and success within NBA franchises. Similarly, Dutch sport organizations prioritize strong leadership, positive team culture, and effective communication to cultivate winning teams.

### 2. Coach Education and Development:

Drawing from the coaching career of Coach Adams, he could discuss the importance of coach education, continuous learning, and mentorship in professional basketball. Similarly, Dutch sport organizations invest in coach education programs, workshops, and mentorship initiatives to enhance coaching expertise and elevate the quality of coaching across different sports disciplines.

By discussing these topics, the audience; e.g. sportclub management, coaches, sportteachers, athletes can draw parallels to their sportorganization. The audience will gain insights on these topics and are able to compare the insights of a NBA franchise to their own sportorganization.



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### Saturdayafternoon

Date: Saturday September 7th  
Location: Sportcentrum University Twente, De Hems 20 , 7522 NL Enschede  
Duration total: 4,5 hours  
Start time: 13:30 hours  
End time: 18:00 hours

Time	Topic	Clinician/ Speaker
13:30-14:30	<b>Implementing Junk Defense within a short timeperiod - Part 1</b>	Peter van Noord (MU20 Dutch National Coach)
14:30-15:30	<b>Basic Fundamentals on Defense</b>	Ron Adams
15:30-15:45	Break	
15:45-16:30	<b>Implementing Junk Defense within a short timeperiod – Part 2</b>	Peter van Noord (MU20 Dutch National Coach)
16:30-17:30	<b>Basic Fundamentals on Offense</b>	Ron Adams
17:30-18:00	Networking/ Closure Day 1	

### Implementing Junk Defense within a short timeperiod - Part 1

MU20 Dutch National Coach Peter van Noord (with assistance of Coach Anne van Dijk) will explain Junk Defense and how the coaching staff has implemented this defense strategy in the MU20 Dutch Youth National team within a time span of 6 weeks in preparation of the European B-Championship Tournament 2024 in Romania

### Basic Fundamentals on Defense

Coach Ron Adams, known for his defensive acumen, could offer a wealth of knowledge on defensive fundamentals that would be highly beneficial for coaches, teachers and players.

This timeslot will consists of a selection among others of these topics: Stance and footwork fundamentals, On-ball defense techniques, Contesting shots, Off-ball positioning and help defense, Importance of verbal and non-verbal communication, Switching and handling screens, Different strategies on Pick & Roll (hedge, switch, trap, drop coverage).



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### Basic Fundamentals on Offense

Coach Ron Adams, renowned for his expertise and experience, could present a variety of engaging and valuable topics on offensive fundamentals that would be particularly interesting for coaches, teachers and players.

This timeslot will consists of a selection among others of these topics: passing & shooting mechanics, developing a quick and accurate release techniques, shooting drills to improve consistency and range, drills for improving ball control and reducing turnovers, reading defenses to make the right pass, concepts of spacing, ball & player movement

### Implementing Junk Defense within a short timeperiod - Part 2

Second part on explaining and demonstrating Junk Defense and how the coaching staff has implemented this defense strategy in the MU20 Dutch Youth National team within a time span of 6 weeks

### Saturday evening

Saturday September 7th

Location: Sportcentrum University Twente, De Hems 20 , 7522 NL Enschede

Duration total: 3 hours

Start time: 18:30 hours

End time: 21:30 hours

Time	Topic
18:30- 21:30	Game Arriba (University Twente) will be scheduled



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### Sunday September 8th

#### Sundaymorning

Date: Sunday September 8th

Location: Sportcentrum University Twente, De Hems 20 , 7522 NL Enschede

Duration total: 3,5 hours

Start time: 9:00 hours

End time: 12:30 hours

Topic: **Insights into Concepts, Tactics & Techniques**

Duration: 2 x 60 minutes total excluding a break of 15 minutes and 1 x 15 minutes of panel or audience discussion

Name moderator: Unknown at the moment

Time	Topic	Clinician/ Speaker
09:00-09:45	Registration	
09:45- 10:00	Introduction Twente Basketball and participants, preview of the program	René Ebeltjes with moderator
10:00- 11:00	Topic 1 <b>Offensive Concepts &amp; Tactics, Transition game &amp; Half court concept</b>	Ron Adams with moderator
11:00-11:15	Break	
11:15-12:15	Topic 2 <b>Player Development Techniques</b>	Ron Adams with moderator
12:15-12:30	Panel/ Audience discussion	
12:30-13:30	Lunch	

#### 1. Offensive Concepts & Tactics, Transition game & Half court concept

Adams may discuss various offensive concepts and tactics employed in the NBA, including spacing, ball movement, and player movement. Dutch basketball coaches can learn how to



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structure their offenses effectively, create scoring opportunities, and maximize player involvement within their offensive systems.

### **2. Player Development Techniques:**

Given his expertise in player development, Coach Adams could share techniques and drills for improving individual skills such as shooting, ball-handling, and footwork. Dutch basketball coaches can integrate these player development methods into their training sessions to help their players enhance their skills and reach their full potential.

Examples of players where coach Adams helped their game: David Robinson (Spurs), Deng, Rose (Bulls), Durant( Oklahoma, Warriors) and several other players during his stint at Milwaukee Bucks (Ray Allen, Dan Gadzuric), Boston Celtics and Golden State Warriors Green, Thompson, Looney, Curry).

By focusing on these topics, Coach Ron Adams can provide valuable knowledge and insights to Dutch basketball coaches, empowering them to enhance their coaching and teaching skills, develop their players, and elevate the performance of their players and their teams.



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### Sundayafternoon

Date: Sunday September 8th

Location: Sportcentrum University Twente, De Hems 20 , 7522 NL Enschede

Duration total: 3,5 hours

Start time: 13:30 hours

End time: 17:00 hours

General topic: Defensive Principles and Strategies

Time	Topic	Location	Clinician/ Speaker
13:30-14:45	<b>Defensive Principles</b>	Sporthal SC 2	Ron Adams
14:45-15:00	Break		
15:00-16:00	Topics to be submitted	Sporthal SC 2	Ron Adams
16:00-17:00	Networking/ Closure Day 2 including Q & A with coach Ron Adams		

Time	GAME	Location
18:00-20:00	UBC MÜNSTER 2. - ARNHEM EAGLES	Sporthal SC 2

### 1. Defensive Principles :

Coach Adams could share insights into effective defensive principles used in the NBA, such as on-ball defense, defensive transition and shell principles, help defense, contesting shots, disrupting passing lanes, forcing turnovers and defensive rotations. By understanding these principles, basketball coaches can teach their players fundamental defensive skills and implement cohesive defensive strategies within their teams.

### 2. Topics to be submitted by coaches :



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Coach Ron Adams, renowned for his expertise and experience, could present a variety of engaging and valuable topics. Here are some key topics which can be submitted:

1. **Motion Offense Principles:**
  - Understanding spacing and timing.
  - Player and ball movement without set plays.
  - Reading the defense and making decisions on the fly.
2. **Pick and Roll Strategies:**
  - Techniques for effective screening.
  - Options for the ball handler and roller.
  - Countering different defensive coverages.
3. **Isolation and Post Play:**
  - Techniques for creating and exploiting mismatches.
  - Footwork and finishing moves for post players.
  - Utilizing isolation plays within team offense.
4. **Creating and Utilizing Space:**
  - Understanding and creating offensive spacing.
  - Cutting and movement off the ball.
  - Using screens effectively to free up shooters and cutters.
5. **Principles of a Match-Up Zone/ Amoeba defense:**
  - Responsibilities and rotations within the match-up zone.
  - Defending out of bounce situations
  - Man to man principles
6. **Closeouts and Containment:**
  - Techniques for effective closeouts.
  - Containing dribble penetration.
  - Forcing opponents into tough shots.
7. **Press Defense:**
  - Full-court, half-court, and trap press strategies.
  - Pressure points and forcing turnovers.
  - Recovery and transition into half-court defense.
8. **Special Situations Defense:**
  - Defending out-of-bounds plays.
  - Late-game defensive strategies.
  - Adjustments for end-of-quarter and buzzer-beater scenarios.





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Each of these topics offers a wealth of information and practical techniques that can greatly enhance the capabilities of basketball players and teams. Coach Ron Adams can provide valuable insights and drills that can be applied at various levels of play, from youth leagues to professional teams.

Submit a topic by sending the number of the topic to [clinic@twente-basketball.com](mailto:clinic@twente-basketball.com)

<b>Program</b>	<b>Early Bird</b> Register up to and including Aug. 31, 2024	<b>Standard</b> Register after Aug. 31, 2024	<b>License points</b> According to the Dutch Basketball Association NBB
1 <b>Includes 1 beverage &amp; Coffee and/or Thee</b>	€ 39,-	€ 49,-	3
2 <b>Includes Lunch: Pistolet Sandwich &amp; Sandwich Croquette &amp; 1 beverage &amp; Coffee and/or Thee</b>	€ 79,-	€ 90,-	6
3 <b>Includes Lunch: Pistolet Sandwich &amp; Sandwich Croquette &amp; 1 beverage &amp; Coffee and/or Thee</b>	€ 79,-	€ 90,-	6
4 <b>Includes Lunch for both days: 2x Pistolet Sandwich &amp; 2x Sandwich Croquette &amp; 2x beverage &amp; Coffee and/or Thee</b>	€ 129,-	€ 145,-	12
Games	Free	Free	

## TWENTE<sup>1</sup>

Members of Twente basketball clubs, Registration until Aug. 31, 2024 and assuming a minimum of 5 applications per club. Send an email to [clinic@twente-basketball.com](mailto:clinic@twente-basketball.com) for a quote of your tickets based on the chosen program and amount of attendees

<sup>1</sup> These include the following clubs: Risne Stars, SVZW, Valley Bucketees, Uitsmijters, Peatminers, Uitsmijters, Kikkers, Twente Buzzards, Jolly Jumpers, Amical, The Jugglers, Tonego'65, Arriba. Please provide names by association by email to [clinic@twente-basketball.com](mailto:clinic@twente-basketball.com) and a discount code for registration will be sent by email.



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### Registration

Register for the Ron Adams clinic via the website [www.Twente-Basketball.com](http://www.Twente-Basketball.com) or via this QR Code

