



Description of the Music Basketball Method

Music Basketball is a method that uses music to enhance the teaching of basketball's most important fundamentals, while being useful in giving remarkable support to traditional methods.

Uniting two elements essential to stimulating a passionate interest in participants, that is to say, both sport and music, it is hard to imagine a more stimulating mixture to support their development and to motivate all participants.

In the following table there is listed a series of objectives that are reached with the use of the Music Basketball Method.

- ✓ Promotion and diffusion of basket.
- ✓ Motivation
- ✓ Stimulate creativity
- ✓ Having fun.
- ✓ Enthusiasm.
- ✓ Even those that don't know anything about music can easily learn to use the method.
- ✓ Learning to be rhythmic.
- ✓ Vast awareness of rhythm.
- ✓ The capacity to evaluate space and timing.
- ✓ Capacity to maintain a high level of concentration for a long period of time.
- ✓ Emotionally stimulating
- ✓ Repetition of all fundamental without getting bored.
- ✓ Rapid increase in operational speed of fundamentals.
- ✓ Possibility to execute exercises without a gym-in the corridor, using a

wall, and/or outside with headphones while other teams are occupying the gym.

- ✓ The coach can assign exercises to be done at home since all that is necessary is a ball and headphones.
- ✓ Work is done with effortless concentration.
- ✓ Helps notably to develop coordination.
- ✓ The athlete lives with a continuous and pleasurable challenge of the fastest rhythms of music.
- ✓ The athlete and coach can measure exactly the progress obtained.
- ✓ Develops the awareness of a continual possibility of improvement.
- ✓ Optimal instrument of communication for companies towards youth.
- ✓ Contributes extraordinarily to achieve refinement of fundamentals.
- ✓ Wave of novelty.
- ✓ MB as a collateral event at camps, sport manifestations and conventions.

COURSE of MUSIC BASKETBALL and ARGUMENTS COVERED

- ✓ The objective of the method is to cure the offensive fundamentals with the ball: dribbling- passing- shooting- and one on one play while, also offering many teachings with regards to the defensive fundamentals.
- ✓ The drills recorded are a total of 900, all of which are designed to generally improve coordination, the motor abilities, the ability to change speeds and at the same time perfect the execution of each fundamental, all of which to develop more confidence with the ball and consequently a "playmakerization" of the athletes and very notable increase in taking "personal initiatives" against his direct opponent.
- ✓ Furthermore, all of these drills done to the rhythm of music are created, also, to improve the rapid reading of the game situation, the capacity of perception, the conditioning and the motivation of the athlete.
- ✓ The music allows for an extensive repetition of the movement without tiring the athlete psychologically favoring, therefore, a rapid improvement of the fundamentals dealt with.
- ✓ The course immediately develops a remarkable ability of reading of the execution of fundamentals under rhythmic influence and , therefore, gives the course participant, both athlete and coach, ulterior instruments for an evolved evaluation and correction of the eventual defects.

RESULTS OBTAINED



EUROPEAN CHAMPIONS in MOSCOW

It is important to remember that the method has revealed itself as being useful as a support to traditional methods. A demonstration of this is seen in the extraordinary results achieved by the athletes of Gymnasium Naples who have trained for 2 years on their fundamentals with the Music Basketball method. They first won the Italian championship for their age category and later went on to win in December 2007 the European Championship by beating , in Moscow, the representatives who were the Russian Champions.

MUSIC BASKETBALL FOR TOP PLAYERS

Today MUSIC BASKETBALL has prepared a training program methodologically specific for the professional players, and following we see why when practicing with this method there is an inevitable and definite improvement.

THE CAUSE OF ERROR

One of the objectives of MUSIC BASKETBALL is to practice to eliminate the cause of error, that is by taking an athlete and measuring with musical beats his maximum operating speed for each fundamental movement and afterwards the rhythm is increased and the athlete has to keep time with a speed with which he is not used to and as a consequence naturally shows what is the cause of error but after a few repetitions of the movement, motivated by the music, he is able to increase his operating speed naturally.

It is a continuous challenge, difficult but great, exciting and captivating, that stimulates one to achieve always more remarkable speeds. The music could be

considered like a welcome opponent, always new and more challenging to beat.

This is the enthusiastic CHALLENGE that is offered by MUSIC BASKETBALL to OVERCOME PERSONAL LIMITS, a pure system that is interesting for all those who want to reach the maximum level and , therefore, is even more valid for evolved players that don't know what more to invent to progress/improve technically.

This is the reason why, shortly, MUSIC BASKETBALL could soon land in planet NBA.