



**Andrius Brusokas**  
**BASKETBALL**  
**CONSULTING**

PSYCHOLOGICAL SKILL DEVELOPMENT | PHYSICAL SKILL DEVELOPMENT | TECHNICAL SKILLS | TACTICAL SKILLS



## **DR. ANDRIUS BRUSOKAS IS A PROFESSIONAL FIBA-LICENCED BASKETBALL COACH WORKING BOTH WITH INDIVIDUAL BASKETBALL PLAYERS AND WITH TEAMS**

### **Career experience:**


- > Lithuanian men's national U-18 basketball team – coach;
- > Kauno kolegija/University of Applied Sciences – Head of Sports Management Department/ basketball team manager;
- > Sabonis Basketball Center – coach, 10 years of experience in developing U-18 basketball players from the young age;
- > Žalgiris Kaunas basketball youth team – coach;
- > Nida International Basketball camp – technical coordinator, 6 years of experience.



Thanks to my active lifestyle, I am able to share my insights and experience during sports clinics and basketball camps with basketball clubs from Italy, Spain, Denmark, Switzerland, Latvia, Estonia and Ukraine. Being involved in international basketball training made it clear that the level of development of physical characteristics and a background in sports psychology are extremely important aspects in the modern basketball. This also led to increasing my knowledge in this field followed by a doctor's dissertation.

When working with each player, I begin with determining their goals and aspirations. After testing of psychological and physical characteristics, we continue with learning how important leadership and self-confidence are in the modern basketball. My goal is to teach each young player how to become a fighter and to show that it can be very interesting.

Traditional programs are based on education of technical skills; however, my priority is preparing a versatile athlete through psychological, physical, technical and tactical training. By practicing such combination of workouts, I created my own training system helping to achieve great results in the athletes' personal development.




**MY GOAL IS TO PROVIDE YOUNG AND PROFESSIONAL BASKETBALL PLAYERS  
AND COACHES WITH OPPORTUNITIES TO LEARN THE GAME OF BASKETBALL  
AND TO ORGANIZE THE SPORT EVENTS AT THE HIGHEST LEVEL**

# Psychological skill development programs

are a set of psychological impact tools that help the players make the best use of their physical and mental strengths through exercises and during the games.





Athletic training of the basketball players emphasizing the functional preparation.

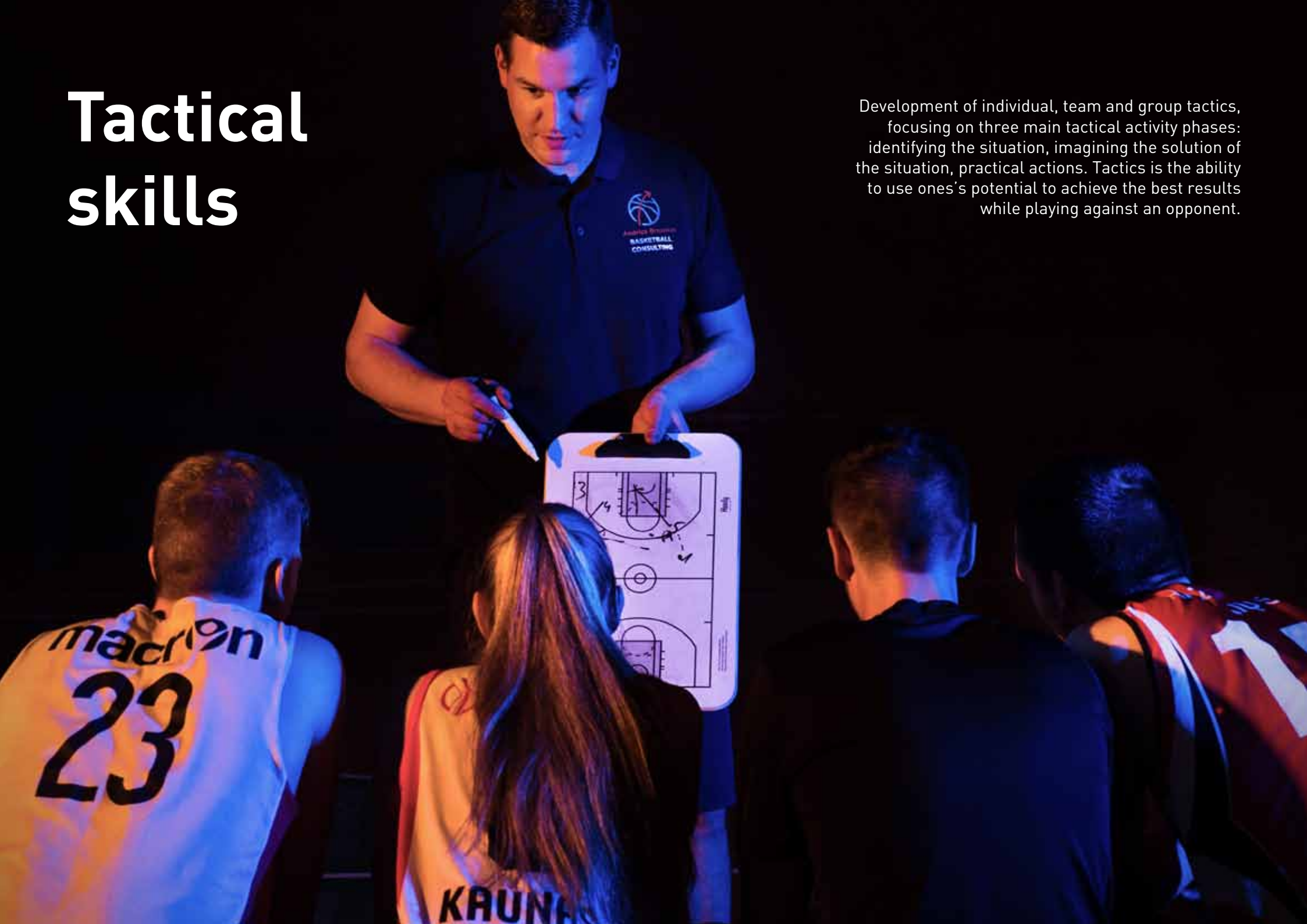
**Physical skill  
development**



# Technical skills

Understanding of the classification of basketball technique actions – body and ball control technique development, structuring of actions into three phases: preparatory, main and final. Basketball technique is the whole of the game-related actions.

# Tactical skills



Development of individual, team and group tactics, focusing on three main tactical activity phases: identifying the situation, imagining the solution of the situation, practical actions. Tactics is the ability to use one's potential to achieve the best results while playing against an opponent.



# Services

## Coaching Services:

- > Detailed individual skill development
- > Basketball-specific athleticism development
- > Team skill development
- > Elite training
- > Camps & clinics

## Consulting Services:

- > Clinics & workshops
- > Guest speaking
- > Planning of tournaments and sports camps
- > Psychological evaluation of elite and junior level basketball players
- > Team building activities





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