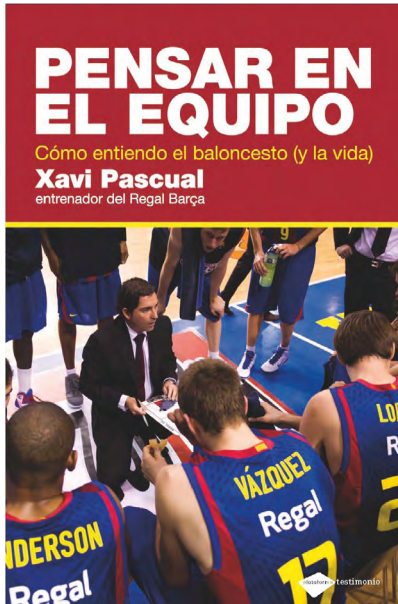


How I see basketball

by Xavi Pascual



HOW I SEE BASKETBALL (AND LIFE)

BY XAVI PASCUAL

100 pages

Sport - Inspirational

■ It may seem rather complicated but for Xavi Pascual the answer can be found in the word, “team”.

SYNOPSIS

How can you achieve goals as difficult as winning the ACB league, the Supercopa, La Copa del Rey or the Euroleague? It may seem rather complicated but for Xavi Pascual the answer can be found in the word, “team”. Without the team, it would be impossible. The trick is as simple (or as complicated) as making the people you train perform, thinking of a common objective and never putting one’s personal interest before that of the team.

Xavi Pascual explains in a down-to-earth and dogma-free style how one bright day he realised that in order to manage a group of people it is not sufficient to have an Excel spreadsheet, a little technique and a few orders. If you want to manage people it’s necessary to have, besides a great knowledge, a good dose of empathy, know how to “read” the others and involve them in the group. And this principle is equally valid for training a top-class basketball team or for managing human relations at all levels.



ABOUT THE AUTHOR

Xavi Pascual is an engineer who one bright day took the decision to dedicate himself exclusively to training basketball teams, until, since 2008, he has been training the first basketball team of FC Barcelona, the Regal Barça, with whom he has won many championships.