



## COURSE DATA

### Data Subject

<b>Code</b>	33233
<b>Name</b>	Specific applications for basketball training
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2024 - 2025

### Study (s)

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	4	First term
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Faculty of Physical Education and Sport Sciences	4	First term

### Subject-matter

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1312 - Degree in Physical Activity and Sport Sciences	31 - Applications for basketball training	Optional
1331 - Degree in Physical Activity and Sport Sciences (Ont)	31 - Aplicación específica en el entrenamiento en Baloncesto	Optional

### Coordination

<b>Name</b>	<b>Department</b>
SANCHIS SANCHIS, ROBERTO	122 - Physical and Sports Education

## SUMMARY

The aim of the subject "Specific application for basketball training" is to provide future graduates in Physical Activity and Sports Science with advanced knowledge of basketball in order to be able to develop their professional activity in the specialisation and high-performance stages.

This optional subject continues with the line started in the first year of the degree with the compulsory subject "Basketball", which provides students with a previous background to be able to tackle this subject with guarantees.



Thus, the subject "Specific application for basketball training" will offer students a complete and specialised training, both theoretical and practical, on advanced technical-tactical skills, the construction of offensive and defensive game, training, game observation (scouting), team management, and match management, in basketball at specialisation and high-performance stages.

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

Since the subject "Basketball" (first year) is compulsory, it is assumed that students already have the basic theoretical and practical background necessary to be able to develop this subject with guarantees. However, due to the nature of the tasks that will be required throughout the course, it is recommended that students have a basic knowledge of office automation (word processing, spreadsheets, etc.) and video editing.

### 1312 - Degree in Physical Activity and Sport Sciences

- Aplicar los principios del entrenamiento al baloncesto.
- Diseña desarrollar y evaluar los procesos de los deportes colectivos atendiendo las características individuales, grupales y colectivas.
- Develop leadership, interpersonal and teamwork skills.
- Develop habits of professional excellence and quality.
- Plan, implement and evaluate the motor skills training process at its different levels and practice environments.
- Apply physiological, biomechanical, behavioural and social principles to the different fields of physical activity and sport.
- Apply information and communication technologies (ICT) to the field of sports training.

- Know and apply the offensive and defensive technical-tactical skills of basketball in the specialisation and high-performance stages.
- Know and apply different teaching-learning and training methodologies in specialisation and high-performance stages.
- Know how to plan and correctly apply training in specialisation and high-performance stages.
- Know how to construct collective offensive and defensive game with technical-tactical skills specific to the specialisation and high-performance stages.
- Know how to apply scouting techniques to observe the game.
- Know advanced aspects of basketball team management in specialisation and high-performance stages.



- Know advanced aspects of management and preparation of basketball matches in specialisation and high-performance stages.

## **DESCRIPTION OF CONTENTS**

### **1. Player training in the specialisation stage.**

- 1.1. Basketball analysis at the specialisation stage.
- 1.2. Technification of offensive skills.
- 1.3. Technification of defensive skills.
- 1.4. Sports talent.

### **2. Team management in the specialisation stage.**

- 2.1. Team management.
- 2.2. Match and competition management.
- 2.3. Scouting: game observation.
- 2.4. Club management and direction.
- 2.5. Organisation and management of basketball competitions.

### **3. Basketball training.**

- 3.1. Basketball training planning.
- 3.2. Management of the session in the specialisation stage.
- 3.3. Injury prevention.
- 3.4. Assessment of the integral progression of the player.

### **4. Attack and defence tactics in the specialisation stage.**

- 4.1. Dynamic game.
- 4.2. Positional game.
- 4.3. Space game.
- 4.4. Special situations.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Classroom practices	30,00	100
Attendance at events and external activities	4,00	0
Development of group work	5,00	0
Development of individual work	25,00	0
Study and independent work	25,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	10,00	0
Preparing lectures	4,00	0
Preparation of practical classes and problem	5,00	0
Resolution of case studies	5,00	0
Resolution of online questionnaires	2,00	0
<b>TOTAL</b>	<b>150,00</b>	

**TEACHING METHODOLOGY**

The development of the subject is structured around two weekly theoretical-practical sessions, each lasting two hours, over one semester.

The sessions will be dedicated to the development of the theoretical-practical contents of this teaching guide both in the classroom and on the court.

Students will have the opportunity to present their work to their peers, supported by the use of necessary audiovisual aids, which will be discussed and analysed by the whole class group.

Additionally, students will be asked to submit, in a timely manner, several assignments related to the course contents with the aim of expanding the acquired competencies.

In addition, the possibility of carrying out activities outside the centre with the aim of improving the students' theoretical and practical skills is also considered. These activities will take place during the subject's regular schedule, and if they are held at a different time, they will not be mandatory.

It is worth highlighting the importance of active student participation in the teaching-learning process during the course development, with students being the main protagonists both in the classroom and on the court.



## EVALUATION

### 1. CONTINUOUS ASSESSMENT

The assessment of the subject will be continuous. Throughout course, the teaching staff will require different assignments and tasks in order to favour the acquisition of the contents of the subject.

Attendance and active participation in the sessions will be necessary for the acquisition of the basic competences.

***In order to be eligible for continuous assessment it will be necessary to actively participate in 80% of all sessions.***

In case of injury/illness, as long as it is duly justified (medical justification), the teacher will assign complementary tasks that the student will have to carry out during the session. There will be no other type of exemption from the sessions (work, non-university competitions, etc.). Likewise, lateness and/or absence before the end of the sessions will be treated as unjustified absences.

***The final mark in the CONTINUOUS ASSESSMENT will be the weighted average of sections A and B. In addition, it will be an essential requirement to obtain a mark of 5 or more in each of the sections in order to pass the course, until the two examinations have been completed. When a student has obtained a mark equal to or higher than 5 in a section, he/she may not be assessed again in the same section in another examination. In case of failure, the marks of any section will not be kept for future courses.***

#### **A) Tasks and assignments (30%).**

The mark in this section will result from the weighted average of the different assignments and tasks required by the teaching staff.

All assignments and tasks required by the teaching staff must be submitted in the established form and on the established date. Those tasks/assignments that do not comply with this requirement will be marked with a 0.

If a student submits a plagiarised work, he/she will be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original works. The teaching staff will use plagiarism detection software. Likewise, if the teaching staff finds signs of use of ChatGPT or other artificial intelligences, he/she will study the case and the student may be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original work.

***"The literal copying, in whole or in part, of other people's work and presenting it as one's own is considered unacceptable conduct in the academic field. On the other hand, and by the Law on Intellectual Protection, total or partial reproductions of other people's works are usually forbidden, and non-compliance may give rise to the corresponding criminal offences."***

**C) Theory exam/s (70%).**

The mark in this section will be the result of the weighted average of the different theory exams carried out throughout the four-month period, related to the contents of the subject.

**\* Extra training (up to 1 additional point)**

With the aim of promoting the complementary training of students, those students who wish to do so may propose and participate voluntarily in training activities related to basketball. These activities may add up to 1 additional point to the final mark for the subject. Attendance at conferences, seminars, and/or workshops related to the subject, such as the Conference promoted by the Teaching Unit of Training and High Performance, will be taken into account in the final mark of the subject, potentially adding up to 1 point. The specific value for attending conferences, seminars, and/or workshops will be determined by the teaching staff and will be communicated to the students with sufficient notice.

**IMPORTANT:** for an activity to be considered as extra training, it must be presented to the teaching staff before it is carried out, who will determine whether it can be considered as extra training, as well as the additional value (mark) that it would entail. Furthermore, no activity carried out after the last day of class can be presented.

**2. NOT-CONTINUOUS ASSESSMENT.**

This type of assessment is reserved for those students who have not attended 80% of the sessions of the course.

*The final mark in the NOT-CONTINUOUS ASSESSMENT will result from the weighted average of sections A and B. In addition, it will be an essential requirement to obtain a mark of 5 or more in each of the sections in order to pass the course, until the two examinations have been completed. When a student has obtained a mark equal to or higher than 5 in a section, he/she may not be assessed again in the same section in another examination. In case of failure, the marks of any section will not be kept for future courses.*

**A) Tasks and assignments (30%).**

The mark in this section will result from the weighted average of the different assignments and tasks required by the teaching staff.

All assignments and tasks required by the teaching staff must be submitted in the established form and on the established date. Those tasks/assignments that do not comply with this requirement will be marked with a 0.



If a student submits a plagiarised work, he/she will be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original works. The teaching staff will use plagiarism detection software. Likewise, if the teaching staff finds signs of use of ChatGPT or other artificial intelligences, he/she will study the case and the student may be assessed with a 0 in the whole section A, regardless of whether he/she has submitted other original work.

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### **B) Theoretical-practical exam (70%)**

The theoretical-practical exam will consist of a written exam on the contents of the subject (both the notes provided by the teacher and the bibliography mentioned in this guide must be taken into account).

## **REFERENCES**

### **Basic**

- Alarcón, F., Cárdenas, D., Miranda, M. T., & Ureña, N. (2010). El proceso de enseñanza-aprendizaje de la táctica en baloncesto. Diego Marín.
- Bompa, T. O. & Buzzichelli, C. A. (2019). Periodización. Teoría y metodología del entrenamiento. Tutor.
- Casey, D. y Pim, R. (2008). Baloncesto. Dominar la zona. Tutor.
- Cometti, G. (2019). La preparación física en el baloncesto. Paidotribo.
- Gillet, J., & Burgos, B. (2020). Strength training for basketball. Human Kinetics.
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- Krause, J. V., & Nelson, C. (2019). Baloncesto destrezas y ejercicios: La guía superventas sobre los fundamentos del baloncesto. Tutor.
- Murrey, B. (2005). Estrategias para situaciones especiales en baloncesto. Paidotribo.
- Shea, S. M., & Baker, C. E. (2013). Basketball analytics: Objective and efficient strategies for understanding how teams win. Advanced Metrics.
- Terrados, N., y Calleja-González J. (2008). Fisiología, entrenamiento y medicina del baloncesto. Editorial Paidotribo.
- Wissel, H. (2012). Basketball: steps to success (3rd ed.). Human Kinetics.



- World Association of Basketball Coaches (s.f.). Plataforma de educación para entrenadores. <https://wabc.fiba.com/es/>

#### **Additional**

- Edwards, T., Spiteri, T., Piggott, B., Bonhotal, J., Haff, G. G., & Joyce, C. (2018). Monitoring and managing fatigue in basketball. *Sports*, 6(1), 19. <https://doi.org/10.3390/sports6010019>
- Ferioli, D., Bosio, A., Bilsborough, J. C., La Torre, A., Tornaghi, M., & Rampinini, E. (2018). The preparation period in basketball: training load and neuromuscular adaptations. *International journal of sports physiology and performance*, 13(8), 991-999. <https://doi.org/10.1123/ijsp.2017-0434>
- Gandolfi, G. (2008). *NBA Coaches Playbook: Techniques, Tactics, and Teaching Points*. Human Kinetics.
- Gómez, M. Á., Lorenzo, A., y Sampaio, J. (2009). Análisis del rendimiento en baloncesto. ¿Es posible predecir los resultados? *Wanceulen*.
- Narazaki, K., Berg, K., Stergiou, N., & Chen, B. (2009). Physiological demands of competitive basketball. *Scandinavian journal of medicine & science in sports*, 19(3), 425-432. <https://doi.org/10.1111/j.1600-0838.2008.00789.x>