

**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>	2021 - 2022

**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 (Ontinyent)	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 (Ontinyent)	31 - Aplicación específica en el entrenamiento en Baloncesto	Optional

**Coordination**

<b>Name</b>	<b>Department</b>
COTOLI SUAREZ, PEDRO RAMON	122 - Physical and Sports Education

**SUMMARY**

The subject Application Specific training in basketball, aims, complete the knowledge acquired by students in the initial subject of basketball, the first year of the degree, and introduce the student in the basketball competition.

The program includes those aspects of the game and training a technician must know and master professional application for later in the competition.

This course contemplates the detailed study of the technical-tactical and physical preparation fundamentals, as well as the teaching and training processes that will lead to team play in both defense and attack.

The organization of training and team management in match situation, are addressed as a necessary part of the student's training. Being very useful for the study of Basketball and further development of this



program, the interdisciplinary application of knowledge which the student received his teacher training in other subjects of the curriculum.

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

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

### Other requirements

Basketball subject, the student has completed as a compulsory subject in the first year of the degree, will be the basis for the start of the Application Specific training in Basketball, which will approximate the competitive areas.

## OUTCOMES

### 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.

## LEARNING OUTCOMES

- To know theoretically and practically the technical-tactical and physical preparation fundamentals of basketball at different competitive levels.
- Possess a wide range of exercises and teaching aids for implementation.
- Know how to design, plan and conduct training sessions.
- Know how to build the team game situation five against five, in the phases of attack and defense.
- Know and apply different methodologies in teaching and training.
- Mastering the fundamentals that govern the development of competition and the variables surrounding it.
- To acquire training that allows them to successfully face situations that require professional development.



## DESCRIPTION OF CONTENTS

### 1. CONSTRUCTION OF THE 5X5 EQUIPMENT DEFENSE

This block analyzes the fundamentals of team defense, both individual or zone defense, its characteristics, variants and application in play, taking into account the tactical approaches of the opponents. It is subdivided into the following topics:

1a.- Principles and characteristics of the individual defense and recovery aid. 1b.- Principles and characteristics of the defense of blocks and cuts. 1c.- Principles and characteristics of the individual defense of jumping and changing. 1d.- Principles and characteristics of the individual defense with traps and relays. 1e.- Principles and characteristics and objectives of the defense in the zone. 1f.- Principles and organization of even zones. 1g.- Principles and organization of odd zones. 1h.- Principles and characteristics of the zone adjustment defense. 1i.- Principles and characteristics of mixed defenses.

### 2. CONSTRUCTION OF THE 5X5 TEAM ATTACK

The second topic deals with the teaching and training processes, tending to build and configure different styles of play in the attack phase in a match situation. It is subdivided into the following topics:

2a.- Characteristics and principles of the different styles of attack game against individual defense. 2b.- Characteristics and principles of the different styles of attack play against defense in zones. 2c.- Characteristics and principles of the different styles of attack game against defense in zones of adjustment and mixed.

### 3. CONSTRUCTION OF THE ATTACK AND DEFENSE OF THE CONTRAATAQUE

Here we address the study and analysis of counterattack, as a more primary offensive and defensive situation, breaking down all the aspects that comprise it, the number of players involved, phases of its development and distribution in the field of game. It is subdivided into the following topics:

3a.- Characteristics, objectives of the counterattack. 3b.- Phases, development spaces. 3c.- The primary and secondary counterattack. 3d.- The defense in different situations of numerical inferiority.

### 4. THE SCOUTING

Modern basketball bases the preparation of games on the knowledge of the opponent, a space that commits us to expose and analyze the contents, styles and usefulness of the reports that coaches must perform in the development of their professional activity. It is subdivided into the following topics:

4a.- Concept, philosophy and models of scouting in basketball. 4b.- How and who should perform the scouting. 4c.- Data of interest for the coach, for the players. Use of information

**5. 5. ORGANIZATION OF TRAINING****5. ORGANIZATION OF TRAINING****33233 Specific Application to Basketball Training 3****Course Guide 33233 Specific Application to Basketball Training**

We dedicate this topic to the knowledge of the different strategies to be used in the planning and development of the training sessions, as well as the control of resources and available times. It is subdivided into the following topics:

5th.- Annual planning. 5b.- Training and teaching of offensive tactical resources. 5c.- Training and teaching of defensive tactical resources. 5d.- The preparation of the match. 5e.- Development of the session.

**6. 6. PHYSICAL PREPARATION IN BASKETBALL**

This topic aims to bring the student closer to the various strategies to be used in the development of Physical Preparation in Basketball, the decision-making that they entail, as well as the individual works of players, and how to act in the situations of the competition.

It is subdivided into the following topics:

6a.- The Physical Trainer and the players. General analysis of the situation.

6b.- Mission and performance of the Physical Trainer. Pre season, season and post season.

6c.- Analysis and decision-making during the competition.

6d.- Interaction and Synergies with the rest of the STAFF

**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 around two theoretical and practical sessions weekly, two-hour-long structure during a semester.

A session will be participated by all students of the course together, and in another session each group separately.

The sessions will be devoted to the development of theoretical and practical content of the program, both in classroom and on the playing court.

Students will have opportunity to present work to their peers, supported by the use of audiovisual equipment, which will be debated and analyzed by the whole group ..

Students will present the teacher, when and how, individual and group work indicated from throughout the course.

Highlighting the importance of the active participation of the student is in the process of learning during the development of the subject, this being the true protagonist both in the classroom and on the court.

## EVALUATION

The development of this course poses two evaluation options:

### 1. CONTINUOUS EVALUATION:

The final grade will be the sum of the following percentages, provided that each partial note exceeds 50% of it.

- Individual and small group work: 20%
- Theoretical-practical partial exams that will take place one week after finishing the different practical theoretical blocks, during class time, and for a duration of 30 minutes each exam: 30%
- Final Theory Examination corresponding to the blocks not evaluated in section b). It will be held on the date set for the final exam of the subject: 50%



2. EVALUATION DOES NOT CONTINUE:

The final grade will be that corresponding to a FINAL EXAMINATION of theoretical / practical content where all the contents developed during the semester will be evaluated. It will be held on the date set for the final exam of the subject.

## REFERENCES

### Basic

- ALDERETE, J.L. & JUAN, J. (1998). BALONCESTO. TÉCNICA DE ENTRENAMIENTO Y FORMACIÓN DE EQUIPOS DE BASE.
- ALDERETE, J.L.& JUAN, J.(1998). TÉCNICA INDIVIDUAL DE ATAQUE.
- ALDERETE, J.L.& JUAN, J.(1998).TÉCNICA INDIVIDUAL DEFENSIVABAYER, C. (1992). LA ENSEÑANZA DE LOS JUEGOS DEPORTIVOS COLECTIVOS. HISPANO EUROPEA. BARCELONA.
- GOMELSKI, A. (1990) BALONCESTO. LA DIRECCIÓN DE EQUIPO. HISPANO EUROPEA. BARCELONA
- PRIMO, G. C. (1988). BALONCESTO. LA DEFENSA. MARTINEZ ROCA. BARCELONA
- PRIMO, J. C.(1988) BALONCESTO. EL ATAQUE. MARTINEZ ROCA. BARCELONA
- VARIOS AUTORES (1997) ANÁLISIS DE LA PRÁCTICA DEPORTIVA.(Las ayudas defensivas entre jugadores del perímetro. Aproximación metodológica y ejercicios. CALATAYUD, F. Cap. 3). PROMOLIBRO.

### Additional

- Revista Clinic, Asociación Española de Entrenadores de Baloncesto.
- FEB.es (página web Federación española de Baloncesto)

## ADDENDUM COVID-19

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

In the event that the COVID situation makes it necessary to provide blended or distance teaching, the format of the course and its assessment will be maintained in the same way as in the official guide. Both theoretical and practical classes will be carried out adapting to the situation, but the contents taught will be the same, as well as the control of attendance to practical classes and the active participation of students. Likewise, the evaluation system, both in the continuous and the final, will be the same.