

Postgraduate Certificate

Basketball Collective Defensive Tactics

Endorsed by the NBA





Postgraduate Certificate

Basketball Collective Defensive Tactics

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/basketball-collective-defensive-tactics

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01

Introduction

Basketball defense, regardless of the defensive style used, is of utmost importance and requires a great deal of previous work and disciplined activity on the court. A task that requires the work of the coach to teach and rehearse the most effective tactics according to the different game situations. Given this reality, TECH has developed this 100% online program, which leads the graduates to delve into the defensive methodology, to make a proper defensive balance and to delve into the current trends in this facet of the game. All this, thanks to the innovative didactic material, accessible 24 hours a day, from any electronic device with an Internet connection, created by high level professional coaches of this program.





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Become an expert in Basketball Collective Defensive Tactics through this 6-week Postgraduate Certificate”

The generation of solid architecture, the search for innovative strategies in this facet of the game or the defensive tactical adaptation to the opponent in the world of Basketball have names of illustrious coaches such as Erik Spoelstra, Chuck Daly or Bill Russell of the NBA, among other great coaches of the basketball scene. All of them worked under a constant discipline, knowing perfectly the technical quality of their players and studying in detail the opponent, their strengths and weaknesses.

In this sense, mastering the defensive aspect of the game leads the coaches to increase their chances of sporting success and the achievement of their team's competitive goals. For this reason, this 6-week Postgraduate Certificate in Basketball Collective Defensive Tactics is created.

This is an intensive program of 150 teaching hours that will lead the graduates to delve into indirect block strategies, work under the post, *screen* the screener, zone work and decision making in special defenses, among other aspects. A first level advanced content that will allow the students to obtain a learning of great practical application in their own team.

In addition, thanks to the *Relearning* method, based on the reiteration of the most important concepts, the graduates will be able to reduce the long hours of study and memorization, obtaining a much more effective teaching.

Undoubtedly, a unique opportunity to study a quality university program in a comfortable and flexible way. The students only need an electronic device (cell phone, tablet or computer) with Internet connection to view, at any time of the day and place, the content hosted on the virtual platform.

This **Postgraduate Certificate in Basketball Collective Defensive Tactics** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of case studies presented by basketball experts at the highest level
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



TECH adapts to your agenda and professional motivations. That's why it has created a flexible program that is compatible with your daily activities."

“

Delve into the relevance of communication in the work of defending players”

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. This will be done with the help of an innovative system of interactive videos made by renowned experts.

Increase your possibilities for professional growth through this advanced university proposal in Collective Defensive Tactics.

The case studies provide you with the practical approach you need to use the precise defensive tactics in every moment of the game.



02 Objectives

This Postgraduate Certificate has been designed with the objective of providing the future Basketball coach with the necessary knowledge to master Collective Defensive Tactics. For this, the graduates have numerous didactic material and a syllabus developed by a faculty with experience in the High Performance of this sport. In this way, the graduates will be able to master the different defensive strategies and actions in a short period of time and take them to their team.





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With this university program you will prepare your team to face complex defensive game situations and to solve them successfully”



General Objectives

- ♦ Work on reading counter defense and recognizing opportunities to exploit their weaknesses
- ♦ Prepare players to face challenging situations and respond appropriately to changes in opponent strategy
- ♦ Be aware of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ♦ Promote the importance of injury prevention and physical therapy as a tool to improve performance and prolong the career of basketball players
- ♦ Promote the right physical condition for this type of game, with an emphasis on endurance, speed and agility necessary to compete in the middle of the court



The multimedia pills will allow you to dynamically delve into defensive technique and fundamentals, including marking, blocking or stealing the ball"





Specific Objectives

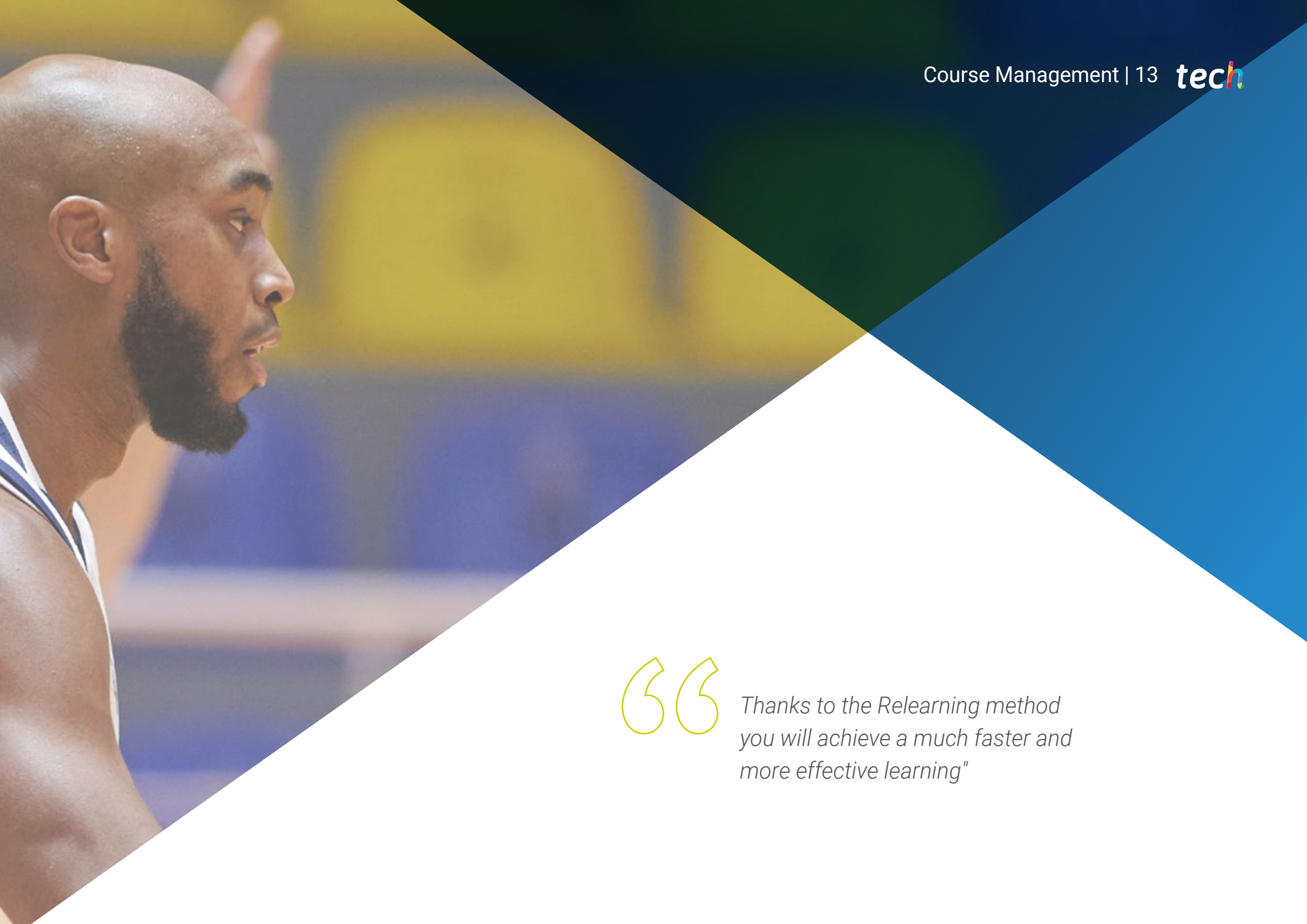
- ◆ Prepare coaches and players with in-depth knowledge of collective defense systems and strategies to improve team defensive performance
- ◆ Develop skills to implement different defensive systems, such as zone defense, individual defense and other specialized defensive tactics
- ◆ Learn how to communicate and collaborate effectively in defense to close gaps and prevent the opposing team from scoring
- ◆ Enhance the ability to read and anticipate the opponent's movements to apply an effective defense
- ◆ Work on technique and defensive fundamentals, including scoring, blocking, ball theft and one-on-one defense
- ◆ Promote the importance of concentration, discipline and effort in defense to maintain constant pressure on the opposing attack
- ◆ Promote team defense and defensive help, where each player plays his role to protect the rim and close passing lines
- ◆ Establish an approach based on continuous improvement, where analysis and constant feedback allow to optimize defensive tactics

03

Course Management

TECH has brought together in this program a faculty with an excellent and extensive professional background as basketball coaches at the professional level. Their deep mastery of theoretical concepts, as well as their experience in bench management, allows students to obtain a theoretical-practical learning and real application in their teams. In this way, the students will get at the end of this program a teaching that raises their skills in the implementation of the most effective defensive tactics.





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*Thanks to the Relearning method
you will achieve a much faster and
more effective learning"*

Management



Mr. Castro Martínez, Iago

- ♦ Coach at Celta Baloncesto
- ♦ Coach of the Cáceres Basket LEB Gold
- ♦ Coach Assistant Basketball Club Breogán
- ♦ Assistant Coach ADBA Liga Femenina Avilés
- ♦ Princess Cup Champion
- ♦ LEB Gold League Champion
- ♦ Ascent to Liga Endesa with Breogán Lugo
- ♦ Professor of Primary Education at the University of Santiago de Compostela (USC)
- ♦ Professional Master's Degree in Sports Psychology at SIPD
- ♦ Senior Sports Technician specializing in Basketball
- ♦ Senior Basketball Coach
- ♦ Coach FIBA



Mr. Fernández López, Diego

- ♦ Sports Director of BVM in Mieres
- ♦ Women's League and U19 Head Coach in BK Amager
- ♦ Head Coach EBA League in Santo Domingo
- ♦ Head Coach 1st Division and U19, Hørsholm 79ers Basketball
- ♦ Sports Director and coach at the Basketball ClubCambre
- ♦ Superior Basketball Coach by the Spanish Basketball Federation
- ♦ Professional Master's Degree in High Performance Sports Psychology by Unisport
- ♦ Professional Master's Degree in Executive Coaching by Unisport
- ♦ Degree in Sociology from the University of A Coruña

04

Structure and Content

This academic itinerary of 180 teaching hours includes a syllabus that covers the essential defensive tactical concepts in the world of Basketball. A journey that will allow students to delve into the defenses under post, hand to hand or ATO alternatives, among other aspects. All this, with a greater dynamism thanks to the high quality multimedia pills that complement this program. A unique learning opportunity through the largest digital university in the world.



A close-up, low-angle shot of a basketball shoe's sole, showing the textured tread pattern. The shoe is light-colored, possibly white or light grey, and is illuminated from the side, creating strong highlights and shadows. The background is dark and out of focus, suggesting an indoor basketball court setting.

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You have a complete study plan to master in 6 weeks the Basketball Collective Defensive Tactics”

Module 1. Collective Defensive Tactic

- 1.1. The Art of Defense. The Beginning of the Best Attack. Habit + Method
 - 1.1.1. Defensive Philosophy and Methodology. Adaptation to the Team
 - 1.1.2. Building from Incomplete to Complex
 - 1.1.3. Attention to Detail. Ball Pressure
- 1.2. Rules, Discipline, Pre-Work and Activity. The Four Pillars
 - 1.2.1. First Pre-Season Rules. Habits + Automatism
 - 1.2.2. Defensive Discipline + Preliminary Work
 - 1.2.3. Defensive Activity 25-Second Defenses
- 1.3. Defensive Balance. Strength in Vulnerability
 - 1.3.1. Defensive Balance Roles. Importance of Balance in Systems
 - 1.3.2. First Direct Blocking Defense and Use of Fouls in Defensive Balance
 - 1.3.3. Reading to Catch in the Open Field. Zone in Defensive Balance?
- 1.4. Direct Blocking Defense. The Dispute for the Initiative
 - 1.4.1. Philosophy, Team Characteristics and Influence of Opponent's Scouting
 - 1.4.2. Types and Timing of Direct Blocking Defense
 - 1.4.3. Defensive Tendencies in Direct Blocking. The Detail in the Collective
- 1.5. Indirect Blocking Defense. The Origin of Many Advantages
 - 1.5.1. Fixed Rules? Defending the Ball or Not Changes Everything
 - 1.5.2. Indirect Defensive Rules for Outside Players
 - 1.5.3. Defensive Indirect Rules for Inside Players
- 1.6. Low Post Defense. Protecting the Sacred
 - 1.6.1. One-On-One Defenses and Feints
 - 1.6.2. Aggressive Low Post Defenses + Rotations
 - 1.6.3. Is Defending Low Post Only Defending Inside Players?
- 1.7. Hand-to-Hand Defense and *Screen the Screener*. Stopping Fluidity
 - 1.7.1. Variations According to Angles, Opposing Players and *Scouting*
 - 1.7.2. *Screen the screener* rules
 - 1.7.3. Tactical Status to be Prepared for Any Opponent's Weapon
- 1.8. Space Defenses or Zone Defenses. The Bazaar of Resources
 - 1.8.1. Types of Zonal Defenses
 - 1.8.2. Current Trends in Space Defenses
 - 1.8.3. Are Zones Formative? Courageous or Cowardly Recourse?





- 1.9. Full-field and $\frac{3}{4}$ Field Pressing Defenses
 - 1.9.1. Full-field Zonal Defenses
 - 1.9.2. Individual Jump and Switch Defenses
 - 1.9.3. Selection of the Moment of Pressure
- 1.10. Special Defenses and ATO Alternatives
 - 1.10.1. Decision Making Based on Rival Knowledge
 - 1.10.2. Preparation of Special Defenses. Everything is Trained
 - 1.10.3. Evaluating the Performance of Special and Alternative Defenses

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Do you want to improve your defense in special situations? Enroll now and do it through this 100% online TECH Postgraduate Certificate"

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

Certificate

The Postgraduate Certificate in Basketball Collective Defensive Tactics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this program
and receive your university qualification
without having to travel or fill out
laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Basketball Collective Defensive Tactics** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Basketball Collective Defensive Tactics**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development language
virtual classroom



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