

# Postgraduate Certificate

## Individual and Offensive Basketball Technique

Endorsed by the NBA



**tech** technological  
university





## Postgraduate Certificate Individual and Offensive Basketball Technique

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/sports-science/postgraduate-certificate/individual-offensive-basketball-technique](http://www.techtitute.com/pk/sports-science/postgraduate-certificate/individual-offensive-basketball-technique)

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# 01

# Introduction

Basketball is a sport in which many different factors are involved, such as movement speed, height, shooting the basket, great vision, strategy among other things. In this sense there is an important factor and it is the individual technique of each player, for this there are a series of characteristics that are very important when it comes to possessing a great technical mastery of this sport. Due to the importance of this discipline, this program has been created with the purpose of providing the professional with advanced and selected content related to the development and improvement of the individual technical skills of the players, such as bouncing, passing, shooting and movements without the ball. Supported by the online modality and the didactic resources provided by the program.





*TECH is at the forefront of education helping you to enhance your skills in Individual and Offensive Basketball Technique”*

Basketball is a team sport in which all members are fundamental parts of the team. One of them and one of the most important is the technical behavior required in this sport, since in this sport the correct technical gesture of each player is fundamental. In this sense, individual offensive fundamentals will be the basic pillars of the Offensive Basketball method. Its improvement, through daily work, provides a considerable increase in individual level and allows acquiring the necessary skills to face and solve the different obstacles that arise in the course of the game.

For this reason, TECH has designed a Postgraduate Certificate in Individual and Offensive Basketball Technique: The aim of this program is to provide students with the necessary skills and competencies to be able to perform their work as specialists with the highest possible efficiency and quality. Therefore, throughout this program, aspects such as Counterattacking in the Game and Permanent Reorganization, the Center Serve or the Analysis of Offensive and Defensive Systems will be addressed.

Students will thereby strengthen their skills in important aspects of teaching advanced techniques for overcoming defenders in one-on-one situations and creating scoring opportunities. All this, through a syllabus prepared by a professional team exceptionally specialized in this sport at the highest performance.

TECH is also focused on combining excellence with comfort. That is why this degree offers a very complete and first level update, providing great flexibility by only needing an electronic device with internet connectivity to access the virtual platform from anywhere in the world.

This **Postgraduate Certificate in Individual and Offensive Basketball Technique** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Development of practical cases presented by top-level basketball experts
- ◆ 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 self-assessment can be used 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



*In this degree you will find multiple advances in studies related to spacing in Basketball and its advantages through the creation of spaces”*

“

*Basketball experts must be at the forefront in a discipline that presents innovative updates and you will get that with TECH”*

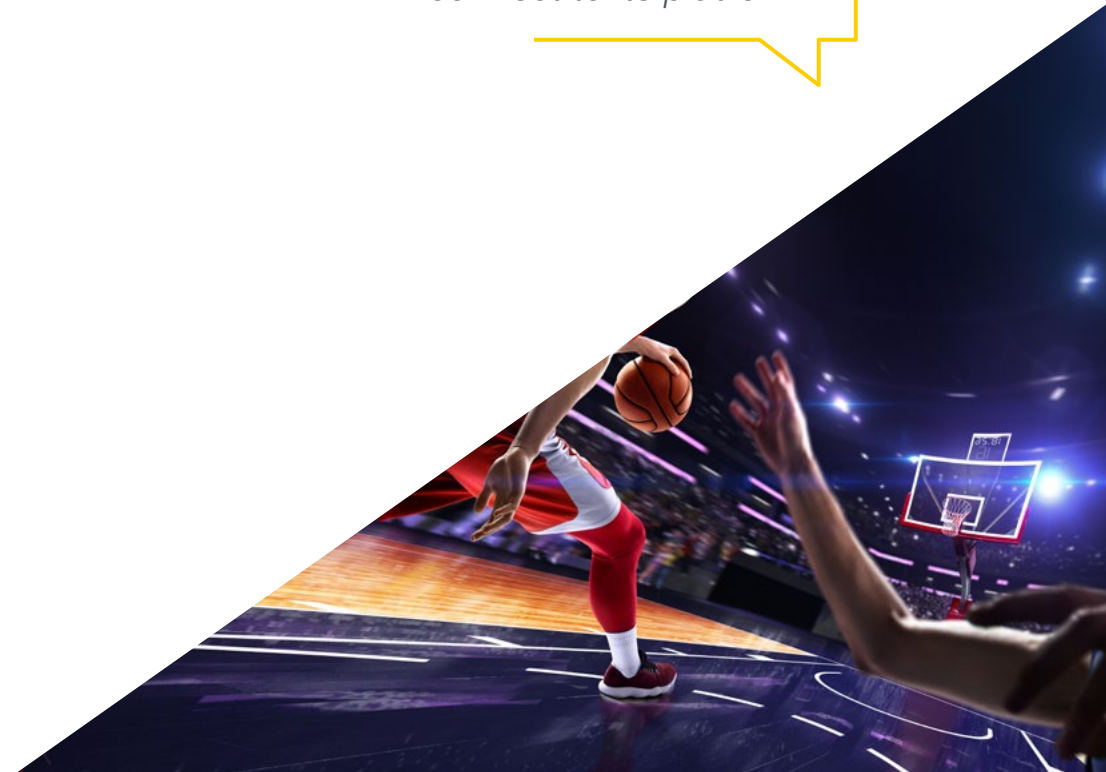
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*This program has a teaching staff highly experienced in High Performance Basketball.*

*This degree offers you great flexibility and convenience. All you need is an electronic device with internet access to connect to its platform.*



# 02 Objectives

This Postgraduate Certificate in Individual and Offensive Technique in Basketball has been developed with the intention of providing the professional with the most recent developments in this field. To promote such intensive learning, TECH provides various innovative tools, using the latest technology applied to university education. This way, at the end of this Postgraduate Certificate, students will have enhanced their skills related to player preparation to face intense defenses and learn how to respond to different defensive tactics.







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*This Postgraduate Certificate offers you great flexibility and convenience. All you need is an electronic device with internet access to connect to its platform”*



## General Objectives

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- ◆ To encourage creativity in attack and the ability to improvise in changing situations
- ◆ To teach how to work as a team and take advantage of individual strengths for efficient offensive play
- ◆ To work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- ◆ To prepare players to face challenging situations and respond appropriately to changes in the opponent's strategy
- ◆ To stay aware of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- ◆ To promote the importance of injury prevention and physiotherapy as a tool to improve performance and extend the career of basketball players
- ◆ To be up-to-date with the latest trends and advances in 3x3, in order to guarantee an updated teaching according to the demands of the game
- ◆ To promote adequate physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court
- ◆ To develop skills to resolve disputes or controversies related to the regulations in an impartial and objective manner
- ◆ To promote the importance of nutrition and adequate rest to optimize physical performance





## Specific Objectives

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- ◆ To develop and refine players' individual technical skills, such as bouncing, passing, shooting and off-ball movements
- ◆ To teach advanced techniques to overcome defenders in one-on-one situations and create scoring opportunities
- ◆ To improve tactical understanding of the game, including the use of blocks and cuts to get free and receive the ball in advantageous positions
- ◆ Teach strategies for playing different offensive positions, including low post and perimeter play
- ◆ To prepare players to face intense defenses and learn how to respond to different defensive tactics
- ◆ To promote a focus on continuous improvement and self-discipline in the development of players' offensive skills

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*Improve your skills to coach the most effective offensive strategies in Professional Basketball with this Postgraduate Certificate”*

03

# Course Management

Graduates of this Postgraduate Certificate will have access to a unique content, planned and developed by a professional team specialized in match analysis, individual work with players and communication skills. Its extensive experience and solid bases in this area of Basketball at the highest competitive level, will allow the graduate to obtain a quality education. In addition, given the proximity of the faculty, you can resolve any questions that arise about the syllabus during the course of the program.



“

*This Postgraduate Certificate integrates a qualified and specialized teaching staff in Basketball and Sports Psychology”*

## Management



### **D. Castro Martínez, Iago**

- Cáceres Basket LEB ORO Coach
- Assistant Coach Breogán Basketball Club
- Assistant Coach ADBA Avilés Women's League
- Princess Cup Champion
- LEB Gold League Champion
- Promotion to the Endesa League with Breogán Lugo
- Professional Master's Degree in Elementary Education at University of Santiago de Compostela (USC)
- Professional Master's Degree in Sports Psychology at SIPD
- Superior Sports Technician specialized in Basketball
- Senior Basketball Coach
- FIBA Coach



# 04

## Structure and Content

This Postgraduate Certificate has been designed and oriented according to the sporting evolution of individual and offensive technique in Professional Basketball. The constant advances in this sport have been compiled in a comprehensive syllabus of 150 teaching hours. A Postgraduate Certificate that focuses, from a theoretical and practical perspective, on the different situations of attacking play, ball control and playing without the ball. All this, through multiple multimedia tools that offer dynamism and a better experience to the professional who accesses this academic process.







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*A curriculum designed to provide you with quality content and enhance your skills in Professional Basketball”*

## Module 1. Individual offensive technique and tactics

- 1.1. Mastering the invisible
  - 1.1.1. Modern basketball?
  - 1.1.2. Personal vision goggles
  - 1.1.3. Anticipation as a facilitator of the technical gesture
- 1.2. Spacing in basketball
  - 1.2.1. Previous work
  - 1.2.2. Generating advantages through the creation of spaces
  - 1.2.3. The most difficult spaces to defend
- 1.3. Game without ball
  - 1.3.1. Adjusting the timing
  - 1.3.2. In constant motion?
  - 1.3.3. Rules for play without a ball
- 1.4. The shot
  - 1.4.1. The beginning and the end
  - 1.4.2. Shot details
  - 1.4.3. Shooter mentality and self-training
- 1.5. Passing. The unifying element
  - 1.5.1. Types of passes
  - 1.5.2. Passing trends in today's game
  - 1.5.3. Where to look to pass?
- 1.6. The bounce The exercise of freedom
  - 1.6.1. The bounce within the individual technique
  - 1.6.2. Bounces prior to generating technical actions
  - 1.6.3. Bounces prior to tactical finishing actions
- 1.7. Footwork
  - 1.7.1. Stops and their Types
  - 1.7.2. Dissociation between body, feet and ball
  - 1.7.3. Feet as a generation of previous advantages



- 1.8. 1x1 situations without initiated bounce
  - 1.8.1. "Playing first." The triple threat in a bounce?
  - 1.8.2. Shooting, passing and starting feints
  - 1.8.3. Dynamic receptions in pass
- 1.9. 1x1 situations with initiated bounce
  - 1.9.1. Directional planes and dissociation of feet and hands
  - 1.9.2. Reading and mastering ball control zones
  - 1.9.3. 1x1 technical gestures
- 1.10. Offensive rebound situations. The extra life
  - 1.10.1. Reading of areas with a greater chance of rebound
  - 1.10.2. Box-out player reading and offensive rebounding technique
  - 1.10.3. Players involved in the second action

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*Specialize in TECH through a 100% online teaching methodology that gives you flexible access to its didactic content”*

# 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.*



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

### 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 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.



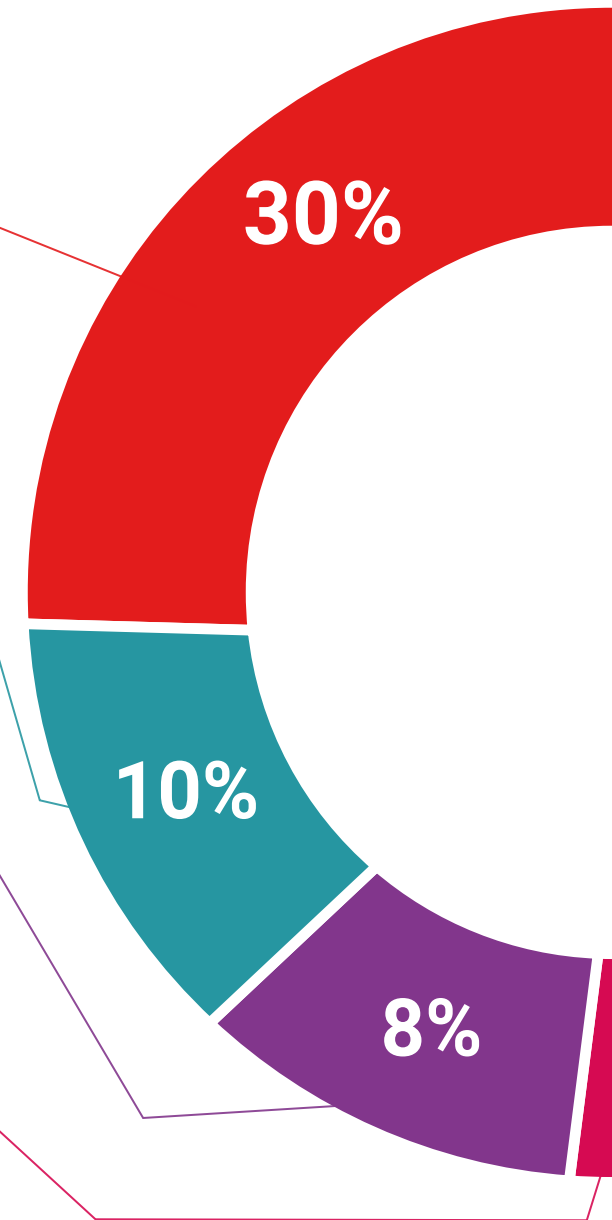
#### Practising Skills and Abilities

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 Individual and Offensive Basketball in Technique guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Individual and Offensive Basketball Technique** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Individual and Offensive Basketball in Technique**

Official N° of hours: **150 h.**

**Endorsed by the NBA**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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 languages  
virtual classroom



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