



Postgraduate Diploma

Defensive Basketball

» Modality: online

» Duration: 6 months

» Certificate: TECH Global University

» Credits: 18 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-defensive-basketball

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tech 06 | Introduction

The development of basketball itself has led to the emergence of various strategies aimed at defense and the prevention of attacking actions from anywhere on the court. From individual defense to defense in transition and quick ball recovery, this sport has led to the improvement of technique and tactics, as well as the analysis of the opponent's game to increase the competitiveness of the teams.

A scenario that leads today's coaches to be at the forefront in the lines of action to perfect marking, blocking, ball stealing or one-on-one defense. All this, in addition, with great leadership and teamwork skills, essential for the achievement of the sporting goals set. For this reason, TECH has created this 6-month Postgraduate Diploma in Defensive Basketball.

It is a program with high quality didactic material, which leads the graduate to deepen in lateral displacement techniques, defensive rebounding work and all those strategies used to defend players with different qualities. In addition, they will delve into pick-and-roll defense, rotation and rebounding.

Likewise, the Relearning system, based on the continuous reiteration of key concepts, students will achieve a much more agile and effective learning process, without requiring long hours of study and memorization.

A unique opportunity to obtain quality education through a 100% online academic proposal, with content accessible 24 hours a day, 7 days a week, from any electronic device (mobile, tablet or computer) with internet connection.

This **Postgraduate Diploma in Defensive Basketball** 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



Access 24 hours a day, from any digital device with internet connection to the most exhaustive content on defensive collective tactics"



Delve, whenever and wherever you wish, into defensive systems such as zone and individual defense, as well as adjusting them to the game situation"

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. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

An academic proposal conceived and designed to fulfill your professional aspirations as a professional basketball coach.

It explores the most effective methods of planning and organization of Basketball training through the most complete syllabus.







tech 10 | Objectives



General Objectives

- To encourage creativity in attack and the ability to improvise in changing situations
- 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 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

Module 1. Individual defensive technique and tactics

- To develop and perfect players' individual defensive skills, including marking, blocking, stealing the ball and one-on-one defense
- To teach advanced techniques to anticipate and read the attacker's movements in order to close spaces and prevent scoring
- To improve players' agility, speed and defensive reactivity
- To enhance the ability to defend different positions and players, adapting to the opponent's characteristics and skills
- To work on communication and defensive collaboration between players to close passing lanes and help in the defense
- Teach techniques to defend blocks, pick and roll and other offensive tactics of the opposing team
- To foster a defensive mindset and a commitment to effort and intensity on every possession
- To teach how to analyze the opposing team and adapt defensive tactics according to their strengths and weaknesses

Module 2. Team and game management

- To acquire techniques to analyze and study rivals, identifying strengths and weaknesses in order to design game strategies
- To develop skills for tactical decision making and adjustments during matches, adapting to changing situations
- To encourage collaboration and teamwork among the coaching staff, players and staff in order to achieve a positive and cohesive environment
- To promote a comprehensive view of basketball, addressing technical, tactical, physical and psychological aspects of the game

- To teach techniques for time and resource management during the season, maximizing team performance
- Establish an ethical and professional approach to team management, promoting values such as respect, discipline and sports ethics
- Contribute to the development of coaches and leaders with solid skills to lead basketball teams at different competition levels

Module 3. Collective defensive tactics

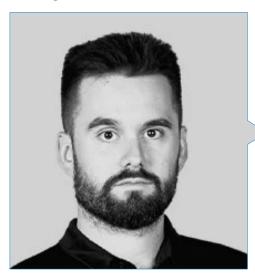
- To educate coaches and players with a deep knowledge of collective defense systems and strategies to improve the defensive performance of the team
- To develop skills to implement different defensive systems, such as zone defense, individual defense and other specialized defensive tactics
- To learn to communicate and collaborate effectively on defense to close spaces and prevent the opposing team from scoring
- Enhance the ability to read and anticipate the opposing team's movements in order to apply an effective defense
- To work on defensive fundamentals and technique, including marking, blocking, ball stealing and one-on-one defense
- To promote the importance of concentration, discipline and effort in defense in order to maintain constant pressure on the opposing attack
- To promote team defense and defensive help, where each player plays a role in protecting the hoop and closing passing lanes
- To establish an approach based on continuous improvement, where analysis and constant feedback allow the optimization of defensive tactics





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Management



Mr. Castro Martínez, lago

- 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







tech 18 | Structure and Content

Module 1. Individual defensive technique and tactics

- 1.1. Mastering the invisible. Modern basketball?
 - 1.1.1. Anticipation and defensive pre-work
 - 1.1.2. Playing with Contact. Destruction of offensive paths
 - 1.1.3. Do you defend with your legs?
- 1.2. Defensive trends
 - 1.2.1. Do defensive fads and trends exist?
 - 1.2.2. What trends can I apply to my team?
 - 1.2.3. Training methodology
- 1.3. Defensive activity
 - 1.3.1. A matter of defensive philosophy
 - 132 25-second defenses
 - 1.3.3. Pass line defense as a destructive element
- 1.4. Defensive spacing
 - 1.4.1. Playing with the elements
 - 1.4.2. Spacing and defensive initiative
 - 1.4.3. Close inferiority defense
- 1.5. The ball and its pressure; the core of defense
 - 1.5.1. Individual ball pressure technique
 - 1.5.2. Passing pressure and defense
 - 1.5.3. Defensive philosophy
- 1.6. Defensive displacements. "Getting stops"
 - 1.6.1. Reading spaces for displacements
 - 1.6.2. Space and recovery time, directly proportional?
 - 1.6.3. Preliminary work and angle reading to shorten displacements
- 1.7. Debunking defensive myths
 - 1.7.1. Vision of reality
 - 1.7.2. Is it just attitude?
 - 1.7.3. Defensive triangle?
- 1.8. Non-verbal language and the use of the body in defense
 - 1.8.1. Knowing how to lie to generate defensive advantages
 - 1.8.2. Punishing defensive situations when the offense rests
 - 1.8.3. Secondary distant anticipations to first movements

- 1.9. Processing informational, and defensive decision-making
 - 1.9.1. Freedom within the defensive discipline and philosophy
 - 1.9.2. Training in uncertainty and defensive decision making
 - 1.9.3. Cohesion of decisions with defensive communication.
- 1:10. Defensive rebound situations
 - 1.10.1. The start of the counterattack
 - 1.10.2. Protection of areas with a greater chance of rebound
 - 1.10.3. Technique, processes, timing and box-out types

Module 2. Team and game management

- 2.1. Team building, staffing and role assignment
 - 2.1.1. Building a team. Looking for profiles
 - 2.1.2. Building a technical staff. Everything adds up, nothing subtracts
 - 2.1.3. Role assignment. Do we always look for the best?
- 2.2. Group management and handling. Where leadership lies
 - 2.2.1. A trainer's range of expertise
 - 2.2.2. Types of Trainer Leadership.. Is it the same for everyone?
 - 2.2.3. The group's attention to detail and red lines. Justice
- 2.3. Communication with the player
 - 2.3.1. The person above all
 - 2.3.2. Listen and respect
 - 2.3.3. Honesty and sincerity. The only valid script
- 2.4. Factors that condition team leadership
 - 2.4.1. Results Profitability vs. relativization
 - 2.4.2. Cohesion and group health
 - 2.4.3. External agents beyond their own control
- 2.5. Competencies of the leader of a human group. The guiding light
 - 2.5.1. Aspects to be mastered by the leader of a professional team
 - 2.5.2. Care for details
 - .5.3. Search for leaders within the group
- 2.6. The demands of everyday life. Mutual adaptation to the course of the trip
 - 2.6.1. Create habits and automatisms in the team
 - 2.6.2. Understanding, listening, squeezing and caring
 - 2.6.3. Creating a club culture

Structure and Content | 19 tech

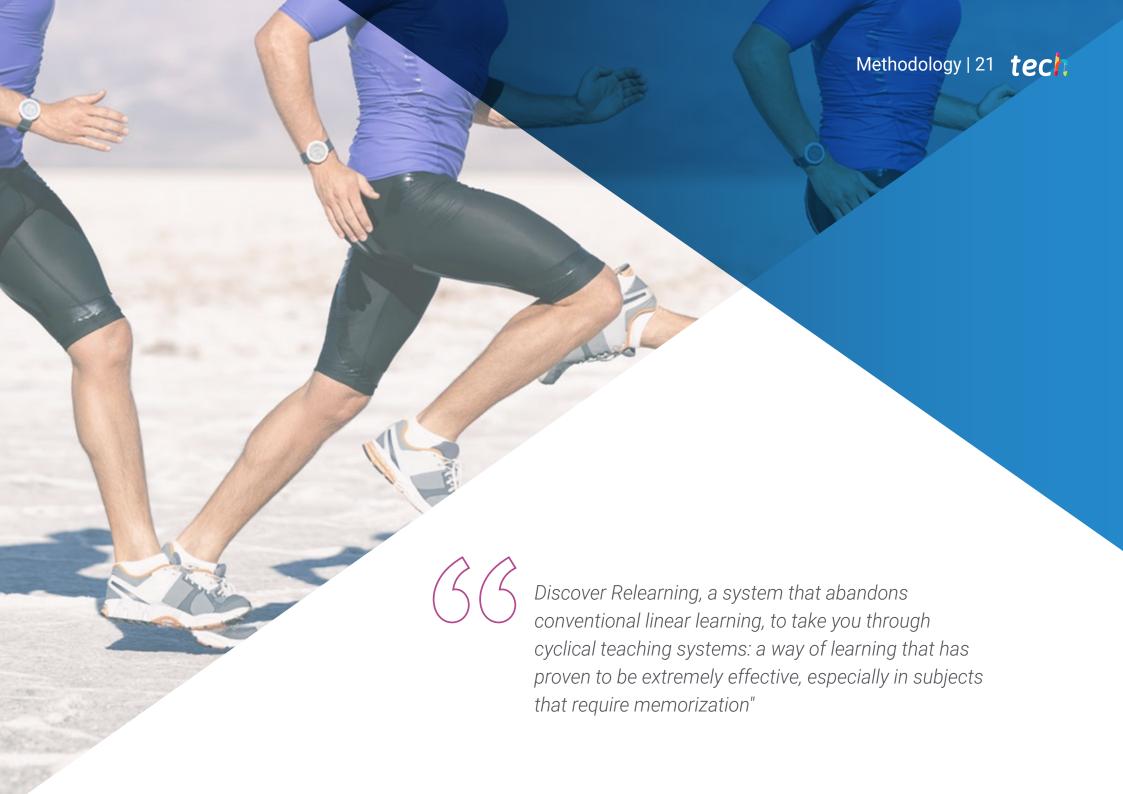
- 2.7. Match direction. Technical and emotional management. Decision
 - 2.7.1. Pre-match reading. Theoretical anticipation
 - 2.7.2. Damage and risk evaluation
 - 2.7.3. Opportunity evaluation. Decision management
- 2.8. Use and profitability of communication. Talks and time-outs
 - 2.8.1. Knowing how to communicate. Pre-match talk. Motivational stages
 - 2.8.2. Interpretation of the environment to adjust the message. Verbal adaptation
 - 2.8.3. Non-verbal communication and adaptation to the moment of the match
- 2.9. Success vs. failure. The fine line between relativization and profitability
 - 2.9.1. Ability to evaluate processes
 - 2.9.2. Own and internal analysis
 - 2.9.3. Communicate and convince?
- 2:10. Who helps those who help others? Mental Health
 - 2.10.1. The figure of the psychologist in a professional team
 - 2.10.2. The loneliness of the trainer
 - 2.10.3. Living in uncertainty

Module 3. Collective defensive tactics

- 3.1. The art of defense. The beginning of the best attack. Habit + method
 - 3.1.1. Defensive philosophy and methodology. Adapting to the team
 - 3.1.2. Building from incomplete to complex
 - 3.1.3. Attention to details. Ball pressure
- 3.2. Rules, discipline, previous work and activity. The four pillars
 - 3.2.1. First pre-season standards. Habits + automatisms
 - 3.2.2. Defensive discipline + pre-work
 - 3.2.3. Defensive activity 25-second defenses
- 3.3. Defensive balance. Strength in vulnerability
 - 3.3.1. Defensive balance roles. Importance of Balance in the Systems
 - 3.3.2. First direct blocking defense and use of fouls in defensive balancing
 - 3.3.3. Reading for catching in the open field. Zone in defensive balance?
- 3.4. Direct blocking defense. The dispute for initiative
 - 3.4.1. Philosophy, team characteristics and the influence of rival scouting
 - 3.4.2. Types and timing of direct blocking defense
 - 3.4.3. Direct blocking defense trends. Collective detail

- 3.5. Indirect blocking defense. The origin of many advantages
 - 3.5.1. Fixed standards? Defending the ball or not changes everything
 - 3.5.2. Indirect defensive rules for outdoors
 - 3.5.3. Indirect defensive rules for indoors
- 3.6. Low post defense. Protecting the sacred
 - 3.6.1. One-on-one defenses and feints
 - 3.6.2. Aggressive low post defenses + rotations
 - 3.6.3. Defending low post is defending only inside players?
- 3.7. Hand-to-hand defense and screen the screener. Stopping the flow
 - 3.7.1. Variations according to angles, opposing players and scouting
 - 3.7.2. Screen the screener rules
 - 3.7.3. Tactical status to be prepared for any adversary weapon
- 3.8. Space or zone defenses. The resource bazaar
 - 3.8.1. Types of Zone Defenses
 - 3.8.2. Current Trends in Spaces Defenses
 - 3.8.3. Are the zones formative? Brave or cowardly recourse?
- 3.9. Pressing defenses in the entire field and 34 of the field
 - 3.9.1. Full-field zone defenses
 - 3.9.2. Individual jumping and shifting defenses
 - 3.9.3. Selection of pressure moment
- 3:10. Special defenses and ATO alternatives
 - 3.10.1. Decision-making based on rival knowledge
 - 3.10.2. Preparation of special defenses. Everything is trained
 - 3.10.3. Evaluate the performance of special and alternative defenses





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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.



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.



Methodology | 25 tech

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.



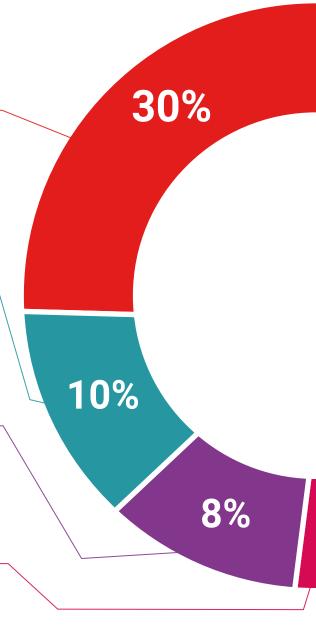
Practising Skills and Abilities

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.

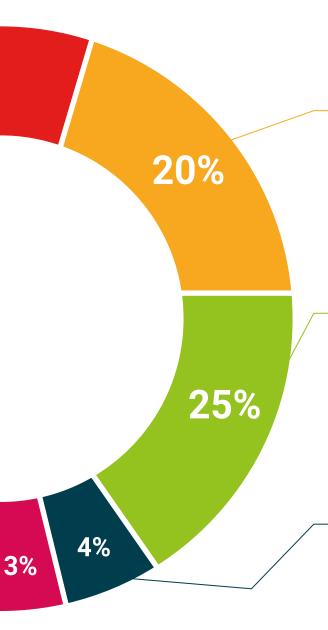


Additional Reading

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.



Methodology | 27 tech



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

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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.





tech 30 | Certificate

This program will allow you to obtain your **Postgraduate Diploma in Defensive Basketball** 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 Diploma in Defensive Basketball

Modality: online

Duration: 6 months

Accreditation: 18 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Diploma in Defensive Basketball

This is a program of 450 hours of duration equivalent to 18 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



^{*}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.

tech global university

Postgraduate Diploma Defensive Basketball

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

