

Postgraduate Diploma High Performance Basketball Tactics

Endorsed by the NBA





Postgraduate Diploma High Performance Basketball Tactics

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

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-high-performance-basketball-tactics

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01

Introduction

The evolution of basketball itself has led coaches to perfect tactics to counteract fast-paced play or force the opponent's outside shot. This is compounded by the great versatility of today's athletes, especially in high performance. The complexity of many game situations and their resolution requires a deep knowledge of tactics. For this reason, TECH has designed this program 100% online, which will lead the professional to deepen the tactical facet, *scouting* and comprehensive knowledge of the rules. In order to achieve this learning, numerous innovative teaching resources are available, accessible 24 hours a day, from any electronic device with an Internet connection. A unique education with the largest digital university in the world.





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This Postgraduate Diploma will provide you with first level material in the development of skills to implement different defensive systems”

In Basketball, individual fundamentals are insufficient to achieve the objectives of the game. Therefore, the coach and their players must implement the appropriate game system to maximize their potential as a team. In this sense, the experts have worked on applying offensive and defensive tactics where the players of the team have a solid understanding of each other on the playing field, so that every move they make is the right one to counteract the rival team.

In this way, on-court work focuses on taking advantage of quick transitions and generating offensive advantages before the defense sets up, improving positional play and taking advantage of the Basketball players' multiple abilities to defend in different positions. This Postgraduate Diploma will provide the professional with important updates in High Performance Basketball Tactics and tactical preparation for each game, establishing specific offensive and defensive strategies.

Students will enhance their skills in the preparation and previous study of the opponents to increase the chances of success in each confrontation, in the current regulations and *scouting* strategies and tools. All this, with a syllabus that has been developed by a teaching team of extensive experience and high quality audiovisual content that offers a better experience to the student for its dynamism.

Therefore, TECH has developed a program based on excellence and comfort, offering the most complete update and the highest standards, compatible with personal and professional responsibilities. Students only need a device with an Internet connection to easily access the virtual platform. In addition, by not having classes with predetermined schedules, the graduate has greater freedom to self-manage their study time.

This **Postgraduate Diploma in High Performance Basketball Tactics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies 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



With TECH take game tactics to another level by specializing in this facet of the game through the best didactic material"

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Increase your skills to transmit scouting information effectively to both the team and the coaching staff”

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

Become an expert in High Performance Basketball Tactics in only 6 months.

TECH has focused on an education oriented to excellence and comfort, implementing a 100% online pedagogical modality.



02 Objectives

This Postgraduate Diploma in High Performance Basketball Tactics has been developed primarily to provide the expert with the most recent developments in the field of Professional Basketball. For this reason, TECH provides various technological pedagogical tools, guaranteeing success in the development of the program. At the end of this program, the student will have enhanced their knowledge in the ability to read and anticipate the movements of the opposing team to apply an effective defense.





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With the audiovisual resources provided by TECH, you will undoubtedly guarantee successful learning and great application to your training sessions”



General Objectives

- ♦ Encourage creativity in attack and the ability to improvise in changing situations
- ♦ Teach how to work as a team and take advantage of individual strengths for an efficient offensive game
- ♦ Work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- ♦ Prepare players to deal with challenging situations and respond appropriately to changes in opponent's strategy
- ♦ Keep abreast 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 enhance performance and prolong the career of basketball players
- ♦ Keep abreast of the latest trends and advances in 3x3, to ensure up-to-date teaching in line with the demands of the game
- ♦ Promote the proper physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court
- ♦ Develop skills to solve disputes or controversies related to the rules in an impartial and objective manner
- ♦ Encourage the importance of nutrition and adequate rest to optimize physical performance





Specific Objectives

Module 1. Scouting and match preparation

- ◆ Train professionals qualified in the detailed analysis of rival teams and the strategic preparation of matches
- ◆ Acquire knowledge of scouting tools and techniques to gather relevant information about opponents
- ◆ Develop skills to analyze the strengths and weaknesses of the opposing team and design adapted game plans
- ◆ Learn how to convey scouting information effectively to the team and coaching staff
- ◆ Work on the tactical preparation for each game, establishing specific offensive and defensive strategies
- ◆ Encourage the ability to adapt and make decisions based on the analysis and observations made
- ◆ Promote the importance of preparation and previous study of the rivals to increase the chances of success in each confrontation
- ◆ Establish an ethical and professional approach to scouting, respecting the confidentiality of the information obtained
- ◆ Contribute to the team's performance and results through meticulous and strategic preparation for each match

Module 2. Defensive collective tactics

- ♦ Develop coaches and players with a deep understanding of collective defense systems and strategies to improve the team's defensive performance
- ♦ Develop skills to implement different defensive systems, such as zone defense, individual defense and other specialized defensive tactics
- ♦ Learn to communicate and collaborate effectively on defense to close spaces and prevent the opposing team from scoring
- ♦ Improve the ability to read and anticipate the movements of the opposing team in order to apply an effective defense
- ♦ Work on defensive fundamentals and technique, including marking, blocking, stealing and one-on-one defense
- ♦ Encourage the importance of concentration, discipline and effort in defense to maintain constant pressure on the opposing offense
- ♦ Promote team defense and defensive help, where each player plays his role to protect the rim and close passing lanes
- ♦ Establish an approach based on continuous improvement, where analysis and constant feedback allow for the optimization of defensive tactics

Module 3. Regulation

- ♦ Train professionals with a deep and updated knowledge of the rules and regulations of the game of basketball
- ♦ Develop skills to correctly interpret and apply the rules in different game situations
- ♦ Learn how to make fair and consistent decisions based on the rules during games
- ♦ Encourage ethical and professional compliance with the rules, respecting the integrity of the game
- ♦ Enhance the ability of coaches and players to adapt to the rules and adjust their tactics and strategy accordingly
- ♦ Establish a continuous improvement approach in the understanding and application of the rules, keeping up-to-date on possible changes or updates
- ♦ Promote the importance of the rules as a fundamental element to guarantee the integrity and correct development of the game of basketball



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You will enhance your skills and knowledge in defensive fundamentals such as blocking, marking, ball stealing and one-on-one defense”

03

Course Management

TECH offers a first class education for professionals pursuing their university programs thanks to the audiovisual tools that allow them to optimally develop each of their programs. This way, the graduate will have access to exclusive content developed and guided by a teaching team specialized in Basketball, Sports Psychology and Refereeing. Their extensive experience and deep knowledge in this discipline will allow the graduate to solve doubts and answer questions that may arise during the course of this program.



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TECH integrates the best teaching team, the most qualified and skilled in match analysis, individual work with players and communication skills”

Management



Mr. Castro Martínez, Iago

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

Professors

Ms. Alejo Sánchez, Andrea

- ♦ Referee of the Spanish Basketball Federation in Liga Femenina Endesa and LEB Oro
- ♦ Responsible for Group 1 of referees of the Extremadura Basketball Federation
- ♦ Property Manager in the company MAC Asesores
- ♦ Law Degree from the University of Seville



04

Structure and Content

This program has been guided and developed according to the highest standards of the Basketball discipline and the continuous studies of the same, establishing a syllabus that has a great content in High Performance Basketball Tactics. This Postgraduate Diploma is focused on offering a rich content on defensive balance and strength in the most vulnerable factors of a team. All this, through a variety of multimedia tools that offer dynamism and a better experience to the professional in this learning process.





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A syllabus developed by qualified professionals and content of high academic standards are the key to your professional growth in the area of Basketball”

Module 1. Scouting and match preparation

- 1.1. Self-knowledge and personal vision. Philosophy + beliefs
 - 1.1.1. The coach's personal vision. Building a basketball
 - 1.1.2. The importance of scouting. Information management
 - 1.1.3. How to approach scouting
- 1.2. Own and rival scouting. Spying, observation and decision
 - 1.2.1. What do we observe in the opponent?
 - 1.2.2. What do we observe in our own equipment?
 - 1.2.3. Observation points in match viewing
- 1.3. SWOT analysis and the five elements
 - 1.3.1. SWOT analysis and its use for scouting and match planning
 - 1.3.2. Strategy, tactics, statistics, rules and concepts
 - 1.3.3. The use of proprietary counter-scouting
- 1.4. Contra-scouting. Anticipate the Future
 - 1.4.1. What does counter scouting consist of?
 - 1.4.2. How can we get the most out of it?
 - 1.4.3. Can we anticipate what is going to happen?
- 1.5. The match plan. Simplify and communicate
 - 1.5.1. Different match plans? Only a plan?
 - 1.5.2. Importance of the concepts and ability to simplify
 - 1.5.3. Communication and transmission of the message. Talk about the plan
- 1.6. Train the plan. Art of war
 - 1.6.1. Importance to the preparation of a match. Art of war
 - 1.6.2. Elements to be protected, enhanced, punished and avoided
 - 1.6.3. Work match plan vs. own concepts. Use of contra-scouting rival
- 1.7. Use of video and visual tools
 - 1.7.1. Rival video scouting sessions. Differences between home and away games
 - 1.7.2. Own scouting video sessions. Individual and group
 - 1.7.3. Motivational sessions and the use of video in the age of immediacy
- 1.8. Start of the match. Control and evaluation tools
 - 1.8.1. Reading and recognition systems
 - 1.8.2. Tools for monitoring and evaluating the match plan
 - 1.8.3. Decisions to be made. Risks of the plan

- 1.9. Passing through the locker room. Decisions and course adjustments
 - 1.9.1. Information processing and treatment. Listening and deciding
 - 1.9.2. Adjust course or continue to believe in the plan. Intuition and instinct
 - 1.9.3. Communication with Players
- 1.10. Post-match evaluation. A pending subject
 - 1.10.1. Use of data and final statistics
 - 1.10.2. Post-match. Use of video and creation of post-match report
 - 1.10.3. Communicate the balance of the match to the team

Module 2. Defensive collective tactics

- 2.1. The art of defense. The beginning of the best attack. Habit + method
 - 2.1.1. Defensive philosophy and methodology. Adaptation to the team
 - 2.1.2. Building from the incomplete to the complex
 - 2.1.3. Attention to detail. Ball pressure
- 2.2. Rules, discipline, pre-work and activity. The four pillars
 - 2.2.1. First preseason rules. Habits + automatisms
 - 2.2.2. Defensive discipline + previous work
 - 2.2.3. Defensive activity. 25-second defenses
- 2.3. Defensive balance. Strength in vulnerability
 - 2.3.1. Defensive balance roles. Importance of balance in the systems
 - 2.3.2. First direct blocking defense and use of fouls in defensive balancing
 - 2.3.3. Reading to catch in the open field. Zone in defensive balance?
- 2.4. Direct blocking defense. The dispute for the initiative
 - 2.4.1. Philosophy, team characteristics and the influence of rival scouting
 - 2.4.2. Types and timing of direct blocking defense
 - 2.4.3. Defensive tendencies of direct blocking. The detail in the collective
- 2.5. Indirect blocking defense. The origin of many advantages
 - 2.5.1. Fixed rules? Defending the ball or not changes everything
 - 2.5.2. Indirect defensive rules for outdoors
 - 2.5.3. Indirect defensive rules for interiors
- 2.6. Low post defense. Protecting the sacred
 - 2.6.1. One-on-one defenses and fakes
 - 2.6.2. Aggressive low post defenses + rotations
 - 2.6.3. Defending low post is defending only inside players?

- 2.7. Hand-to-hand defense and screen the screener. Stopping fluency
 - 2.7.1. Variations according to angles, opposing players and scouting
 - 2.7.2. Normas de "screen the screener"
 - 2.7.3. Tactical status to be prepared for any adversary weapon
 - 2.8. Space defenses or zone defenses. The resource basket
 - 2.8.1. Types of zone defenses
 - 2.8.2. Current trends in space defenses
 - 2.8.3. Are the zones formative? Courageous or cowardly resource?
 - 2.9. Pressing defenses in the entire field and $\frac{3}{4}$ of the field
 - 2.9.1. Full-field zone defenses
 - 2.9.2. Individual jumping and shifting defenses
 - 2.9.3. Selection of the pressure moment
 - 2.10. Special fenders and ATO alternatives
 - 2.10.1. Decision-making based on rival knowledge
 - 2.10.2. Preparation of special defenses. Everything is trained
 - 2.10.3. Evaluate the performance of special and alternative defenses
- Module 3. Regulation**
- 3.1. Refereeing. Organization and methodology
 - 3.1.1. What is refereeing?
 - 3.1.2. Knowledge tools
 - 3.1.3. Referee organization. Championships and matches
 - 3.2. Relationship between competitors. Referees and coaches
 - 3.2.1. Being a referee 24 hours a day
 - 3.2.2. Relationship with coaches
 - 3.2.3. How to communicate
 - 3.3. Head coach and assistant coach. Obligations and rights
 - 3.3.1. Functions of the head coach. Regulation
 - 3.3.2. Functions of the assistant coach. Regulation
 - 3.3.3. Special situations between coaches
 - 3.4. Rules of the game: Condition and ball control
 - 3.4.1. Introduction. The Rules of Games
 - 3.4.2. Ball condition
 - 3.4.3. Ball control
 - 3.5. Rules of the game: Time-outs and substitution
 - 3.5.1. Time-out. Interpretations
 - 3.5.2. Substitutions. Interpretations
 - 3.5.3. Special match situations
 - 3.6. Rules of the game: Defeats due to default and inferiority
 - 3.6.1. Match lost due to non-appearance
 - 3.6.2. Match lost due to inferiority
 - 3.7. Violations: Illegal advance, 3 sec. and closely defended player
 - 3.7.1. What are violations?
 - 3.7.2. Illegal advance
 - 3.7.3. Three seconds
 - 3.7.4. Closely Defended Player
 - 3.8. Violations: Interposition and interference
 - 3.8.1. Interposition. When it happens
 - 3.8.2. Interference When it happens
 - 3.8.3. Differences between interposition and interference
 - 3.9. Fouls: Personal, double, technical, unsportsmanlike and disqualifying
 - 3.9.1. When does a foul happen?
 - 3.9.2. Personal fouls
 - 3.9.3. Double fouls
 - 3.9.4. Technical and disqualifying fouls. Differences
 - 3.9.5. Unsportsmanlike fouls. Criteria
 - 3.10. Rectifiable errors
 - 3.10.1. What is a rectifiable error?
 - 3.10.2. Situations in which it applies
 - 3.10.3. Conclusions

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.



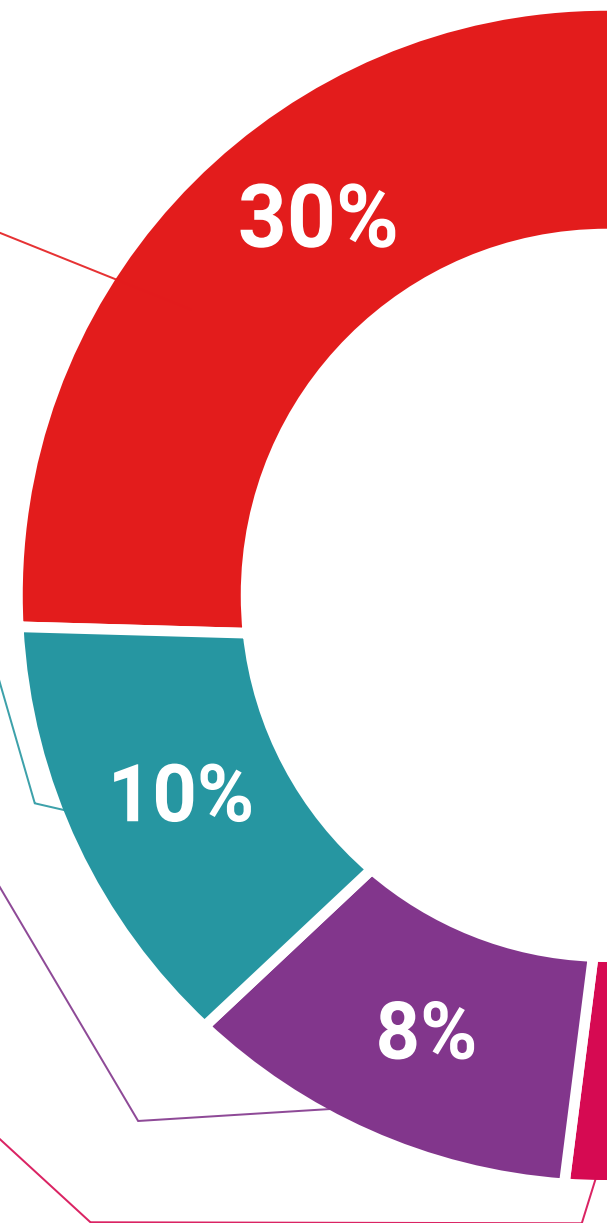
Practising Skills and Abilities

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 Diploma in High Performance Basketball Tactics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in High Performance Basketball 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 Diploma in High Performance Basketball Tactics**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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



Postgraduate Diploma
High Performance
Basketball Tactics

- » Modality: online
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