

Master's Degree Professional Basketball

Endorsed by the NBA



tech global
university



Master's Degree Professional Basketball

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/sports-science/master-degree/master-professional-basketball

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01

Introduction

Basketball as a sport discipline remains the King sport in many countries. Its evolution with other modalities such as the 3x3 maintain its attractiveness and its ability to attract an audience that admires the technical game, fast, showy, without losing the essence of a great tactic. Achieving professional success at the highest level as a coach requires a deep knowledge of these areas, as well as communication and management skills. To promote this acquisition of skills, TECH has developed this 100% online qualification, which will deepen the team management, the modalities of Basket or the preparation of matches. The graduates will have the best teaching material, created by professionals with experience in this sport at the highest level.





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Thanks to this Master's Degree you will be able to become a coach specialized in basketball at the highest level. Enroll now”

The great feats of basketball elevate players, but behind their success are, in turn, coaches that mark history. So, Phil Jackson, Gregg Popovich, Mike Krzyzewski or Larry Brown have done in the NBA. All of them have contributed to the evolution of this sport, the improvement of tactics, technical development and the integration into the staff of multidisciplinary qualified personnel that improves the physical and psychological performance of the team.

In addition, this sport has seen a breakthrough by promoting other modalities such as the 3x3 that attract a large number of fans worldwide. In this scenario, TECH has developed this Master's Degree in Professional Basketball of 12 months, developed by an excellent teaching team with a wide experience in this field.

It is a program that will delve into the individual offensive and defensive technique and tactics, in the physical preparation of the players, in the *Scouting* and the preparation of the game, as well as in the collective offensive and defensive tactics. In this way, the graduates will have the opportunity to acquire essential learning to apply the most effective strategies during the game and achieve their sports goals.

Special emphasis will be placed on this academic proposal the regulation of this sport, as well as the team and match leadership that will provide students with the necessary tools to achieve success in each meeting. All this, in addition, with an online methodology that offers flexibility. The future coach only needs a digital device with an Internet connection to view, at any time of the day, the content hosted on the virtual platform.

This **Master's Degree in Professional Basketball** 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 basketball experts at the highest level
- ♦ The graphic, schematic and practical contents of the book provide technical and practical information on those 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



Achieve your professional aspirations through a program 100% online, adapted to the current academic world"

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Delve into team and party management strategies, from the comfort of your computer and anywhere in the world"

Thanks to the Relearning methodology you will be able to reduce long hours and acquire an effective learning in less time.

Delve into areas such as coaching, sports management or performance analysis with the best teaching material over 12 months.

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 professionals 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 professionals must try to solve the different situations of professional practice that arise throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned experts.



02 Objectives

This university program has been designed with the main purpose of offering students an intensive and useful learning around the technical, tactical, physical and leadership aspects in the field of professional basketball. These goals will be much easier to achieve thanks to the pedagogical tools and the comprehensive approach of this program that also seeks to enhance skills for injury prevention and care.



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With this program you will improve the physical preparation, offensive and defensive tactics of your team"



General Objectives

- ◆ Encourage creativity in attack and the ability to improvise in changing situations
- ◆ Teach how to work as a team and leverage individual strengths for efficient offensive play
- ◆ 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
- ◆ Be up to date with the latest trends and developments in the 3x3, to ensure an updated teaching and according to the demands of the game
- ◆ 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
- ◆ Develop competencies to resolve disputes or disputes related to the rules in an impartial and objective manner
- ◆ Promote the importance of proper nutrition and rest to optimize physical performance



Specific Objectives

Module 1. Individual offensive technique and tactics

- ◆ Develop and hone players' individual technical skills, such as pot, pass, throw and ball-free moves
- ◆ Teach advanced techniques to overcome defenders in one-on-one situations and create scoring opportunities
- ◆ Improve tactical understanding of the game, including using blocks and cuts to get free and receive the ball in advantageous positions
- ◆ Teach strategies for playing in different offensive positions, including low post and perimeter play
- ◆ Prepare players to face intense defenses and learn to respond to different defensive tactics
- ◆ Promote a continuous improvement approach and self-discipline in the development of players' offensive skills

Module 2. Individual defensive technique and tactics

- ◆ Develop and hone players' individual defensive skills, including scoring, blocking, ball stealing and one-on-one defense
- ◆ Teach advanced techniques to anticipate and read the attacker's movements to close gaps and avoid scoring
- ◆ Improve players' agility, speed and defensive reaction ability
- ◆ Enhance the ability to defend different positions and players, adapting to the characteristics and skills of the opponent

- ♦ Work on defensive communication and collaboration between players to close pass lines and assist in defense
- ♦ Teach techniques to defend blocks, *pick and roll* and other offensive tactics of the opposing team
- ♦ Encourage defensive mentality and commitment to effort and intensity in each possession
- ♦ Teach how to analyze the opposing team and adapt defensive tactics according to their strengths and weaknesses

Module 3. Physical Preparation

- ♦ Develop a deep understanding of the principles of physical preparation applied to basketball
- ♦ Learn to design specific fitness programs for basketball players, taking into account their individual needs and the demands of the game
- ♦ Improve cardiovascular endurance and aerobic ability of players to maintain a high level of performance during the match
- ♦ Develop the speed, agility and coordination of players to improve their mobility on the court
- ♦ Teach strength training techniques to develop the power and explosiveness needed in basketball
- ♦ Work on injury prevention through stretching exercises, proper warm-up and muscle strengthening

- ♦ Teach recovery and rehabilitation techniques to accelerate recovery after training and matches
- ♦ Promote a comprehensive approach to physical preparation, taking into account technical, tactical and psychological aspects to improve the overall performance of the basketball team

Module 4. Physiotherapy

- ♦ Train highly trained professionals in the area of sports physiotherapy with a specific focus on basketball
- ♦ Gain a solid understanding of the most common injuries in basketball and the appropriate assessment and diagnostic techniques
- ♦ Develop skills in injury prevention and the implementation of specific rehabilitation programs for basketball players
- ♦ Learn to use advanced therapeutic techniques and tools to speed recovery and improve player performance
- ♦ Work closely with the basketball team's technical and medical team to provide comprehensive care to players
- ♦ Acquire communication and empathy skills to establish an effective relationship with players and build their confidence in the recovery process
- ♦ Contribute to the well-being and success of the basketball team through quality physiotherapy care that helps players stay in their best physical condition and optimal performance

Module 5. Scouting and preparation of match

- ♦ Train professionals trained in detailed analysis of rival teams and 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 effectively transmit *scouting* information to the team and technical staff
- ♦ Work on tactical preparation for each match, establishing specific offensive and defensive strategies
- ♦ Building resilience and decision-making based on analysis and observations
- ♦ Promote the importance of the preparation and prior study of 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 team performance and results through meticulous and strategic preparation for each match

Module 6. Team leadership and party leadership

- ♦ Acquire techniques to analyze and study rivals, identifying strengths and weaknesses to design game strategies
- ♦ Develop skills for tactical decision-making and adjustments during matches, adapting to changing situations
- ♦ Encourage collaboration and teamwork between the coaching staff, players and staff to achieve a positive and cohesive environment

- ♦ Promote a comprehensive vision of basketball, addressing technical, tactical, physical and psychological aspects of the game
- ♦ Teach techniques for time and resource management during the season, maximizing team performance
- ♦ Establish an ethical and professional approach in team management, promoting values such as respect, discipline and sports ethics
- ♦ Contribute to the development of coaches and leaders with strong skills to lead basketball teams at different levels of competition

Module 7. Modalities of basketball 3x3

- ♦ Train experts in the 3x3 mode, providing advanced knowledge about the rules and strategies specific to this game format
- ♦ Learn how to design game systems and tactics adapted to the 3x3 format, making the most of players' strengths and working as a team efficiently
- ♦ Encourage creativity and improvisation in the game, as the 3x3 format requires fast decisions and constant adaptations
- ♦ Work on communication and collaboration between players, as the 3x3 implies greater dependence on teamwork
- ♦ Encourage participation in 3x3 competitions and tournaments, so that players gain experience and improve their skills in this modality

Module 8. Collective offensive tactic

- ♦ Train coaches and players with a deep understanding of the systems and strategies of team play for offensive attack
- ♦ Develop skills to implement collective gaming systems that optimize team offensive performance
- ♦ Learn to use space effectively and create scoring opportunities by circulating the ball and moving without the ball

- ♦ Enhance tactical decision-making in the attack, including the use of blocks and cuts to generate offensive advantages
- ♦ Work on communication and synchronization between players to achieve smooth execution of offensive plays
- ♦ Establish an approach based on continuous improvement, where analysis and constant feedback allow to optimize offensive tactics
- ♦ Develop skills to face different defensive systems and adapt the collective offensive tactics according to the rival
- ♦ Contribute to the development of offensive efficient and effective teams, able to face challenges in competitions and achieve sporting success

Module 9. Collective defensive tactic

- ♦ Train 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

Module 10. Regulation

- ♦ Train professionals with a thorough 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 to make fair and consistent decisions based on rules during parties
- ♦ Promote 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 an approach of continuous improvement in the understanding and application of the regulation, keeping updated on possible changes or updates
- ♦ Promote the importance of the regulation as a fundamental element to ensure the integrity and proper development of the basketball game



Increase your ability to make tactical decisions in the attack through the theoretical-practical approach provided by this academic proposal"

03 Skills

One of the goals of this degree is to promote the skills and abilities of the students for the leadership of Professional Basketball teams, for the improvement of communication with the players and among them, as well as the ability for the continuous progression of performance. For this, the graduate will have simulations of case studies, which will allow him/her to check the most successful actions and those that should be avoided in different situations.





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Increase your ability to make tactical decisions in the attack through the theoretical-practical approach provided by this academic proposal"



General Skills

- ♦ Enhance offensive decision-making, such as when to attack the hoop, make a pass or look for a shot
- ♦ Promote the importance of defense in basketball play and its impact on overall team performance
- ♦ Develop leadership and communication skills to motivate and guide the team to success
- ♦ Encourage creativity and adaptability in attack, allowing players to read defense and make real-time decisions
- ♦ Manage basketball teams effectively and strategically
- ♦ Plan and organize training, considering the individual and collective improvement of the players
- ♦ Acquire skills to work in high performance environments and professional basketball teams
- ♦ Evaluate the physical level of the players and adjust the preparation programs according to their progress





Specific Skills

- ◆ Develop leadership and decision-making skills in players, as in the 3x3 each team member plays a key role
- ◆ Contribute to the growth and development of 3x3 basketball as a popular and exciting modality, both locally and internationally
- ◆ Develop technical and tactical skills in players to face the challenge of playing in tight spaces and with a faster pace of play
- ◆ Promote a fair and respectful playing environment, where improper use or advantage of rules is avoided
- ◆ Increase competencies to face different offensive systems and adapt collective defensive tactics according to the opponent
- ◆ Contribute to the development of a culture of knowledge and respect for the rules at all levels of basketball
- ◆ Create defensively solid and effective teams, able to maintain a high level of performance and face challenges in basketball competitions
- ◆ Promote teamwork and collaboration so players can leverage individual strengths and enhance collective performance

04

Course Management

One of the elements that distinguishes this university program is the management and teaching staff made up of professionals with extensive experience as technicians and professional basketball players. In this way, the graduates will have access to a syllabus prepared by authentic experts widely knowledgeable in the techniques, tactics and strategies of play. In addition, thanks to his deep mastery of this sector they will acquire leadership skills that will lead them to the efficient management and technical direction of teams in this discipline at the highest level.



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*You are before a Master's Degree created
by authentic professionals of the world of
Professional Basketball who know perfectly
about this sport"*

Management



Mr. Castro Martínez, Lago

- ♦ Coach of the Cáceres Basket LEB ORO
- ♦ 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)
- ♦ 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 at 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
- ♦ Master's Degree in High Performance Sports Psychology by Unisport
- ♦ Master's Degree in Executive Coaching by Unisport
- ♦ Degree in Sociology from the University of A Coruña

Professors

Mr. Boal Hernández, Guillermo

- ♦ Physiotherapist of the Spanish Basketball Federation
- ♦ Physiotherapist at Estudiantes de Baloncesto
- ♦ Degree in Physiotherapy from CEU San Pablo University
- ♦ Master's Degree in Biomechanics and Sports Physiotherapy from Comillas Pontifical University

Ms. Alejo Sánchez, Andrea

- ♦ Referee of the Spanish Basketball Federation in Endesa Women's League and LEB Gold.
- ♦ Responsible for Group 1 of referees of the Extremadura Basketball Federation.
- ♦ Property Manager in the company MAC Advisors
- ♦ Law Degree from the University of Seville

Ms. García Paunero, Celia

- ♦ Professional 3x3 Azuqueca Player
- ♦ Professional athlete Celta de Vigo
- ♦ Professional athlete of CD Zamarat
- ♦ Called up with the Spanish National 3x3 team on two occasions.
- ♦ Level 2 Coaching Degree

Dr. Reina, María

- ♦ Scientific researcher in the Group of Optimization of Training and Sports Performance.
- ♦ Physical trainer Salubriá Clinic
- ♦ Physical trainer at Club Baloncesto Cáceres Basket (LEB Oro).
- ♦ VI Autonomous Region Award for Sport, Equality and Business
- ♦ PhD in Sports Sciences from the University of Extremadura.
- ♦ Master's Degree in Sports Initiation and Performance by the University of Extremadura

Mr. Pérez, Diego

- ♦ Physiotherapist in Sergas
- ♦ Physiotherapist at the Hospital Quirón A Coruña
- ♦ Physiotherapist at the Hospital San Rafael A Coruña
- ♦ Physiotherapist at Ibermutua Gallega
- ♦ Physiotherapist in the Cáceres Basquet quarry
- ♦ Physiotherapist at the University of A Coruña



05

Structure and Content

The study plan of this university program has been created to offer students a complete syllabus focused on technique and individual offensive and defensive tactics, strategies for team management, *scouting* and match preparation. For this, the graduates have at their disposal multimedia didactic material and numerous additional material, hosted in the virtual library with access 24 hours a day, from any digital device with an Internet connection.





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You have at your disposal the best high quality multimedia resources in order to get an update on the most effective strategies in Basketball”

Module 1. Individual offensive technique and tactics

- 1.1. Mastering the invisible
 - 1.1.1. Modern basketball?
 - 1.1.2. Personal vision glasses
 - 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. Playing without the ball
 - 1.3.1. Adjusting the *timing*
 - 1.3.2. In constant motion?
 - 1.3.3. Rules of play without a ball
- 1.4. Shooting
 - 1.4.1. The beginning and the end
 - 1.4.2. Details of the shot
 - 1.4.3. The mentality and self-training of a shooter
- 1.5. The pass. The unifying element
 - 1.5.1. Types of passing
 - 1.5.2. Passing trends in the current 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. The bounces prior to the generating technical actions
 - 1.6.3. The bounces prior to the finalizing tactical 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 prior advantages
- 1.8. 1x1 situations without initiated bounce
 - 1.8.1. "Playing first". The triple threat on a dribble?
 - 1.8.2. Shooting, passing and shooting lanes
 - 1.8.3. Dynamic receptions in passing

- 1.9. 1x1 situations with initiated bounce
 - 1.9.1. Directional planes and dissociation of feet and hands
 - 1.9.2. Reading and mastering the ball control zones
 - 1.9.3. 1x1 technical gestures
- 1.10. Offensive rebounding situations. The extra life
 - 1.10.1. Reading areas with more rebounding possibilities
 - 1.10.2. Reading the box-out player and offensive rebounding technique
 - 1.10.3. Players involved in the second action

Module 2. Individual defensive technique and tactics

- 2.1. Mastering the invisible. Modern basketball?
 - 2.1.1. Anticipations and defensive pre-work
 - 2.1.2. Playing with contact. Destruction of offensive trajectories
 - 2.1.3. Do you defend yourself with your legs?
- 2.2. Defensive tendencies
 - 2.2.1. Do defensive fads and trends exist?
 - 2.2.2. What trends can I apply to my team?
 - 2.2.3. Training methodology
- 2.3. Defensive activity
 - 2.3.1. Question of defensive philosophy
 - 2.3.2. 25-second defenses
 - 2.3.3. Passing line defense as a destructive element
- 2.4. Defensive *Spacing*
 - 2.4.1. Playing with the elements
 - 2.4.2. Spacing and defensive initiative
 - 2.4.3. Defending close inferiority
- 2.5. The ball and its pressure; the central axis of a defense
 - 2.5.1. Individual ball pressure technique
 - 2.5.2. Pressure and pass defense
 - 2.5.3. Defensive philosophy
- 2.6. Defensive shifts. "Getting stops"
 - 2.6.1. Reading spaces for displacements
 - 2.6.2. Space and recovery time, directly proportional?
 - 2.6.3. Pre-work and angle reading to shorten displacements

- 2.7. Dismantling defensive myths
 - 2.7.1. The vision of reality
 - 2.7.2. Is it just attitude?
 - 2.7.3. Is it defensive triangle?
- 2.8. Non-verbal language and the use of the body in the defense
 - 2.8.1. Knowing how to lie to generate defensive advantages
 - 2.8.2. Punishing defensive situations when the attack rests
 - 2.8.3. Far anticipations secondary to first moves
- 2.9. Information Processing and Defensive Decision Making
 - 2.9.1. Freedom within the defensive discipline and philosophy
 - 2.9.2. Uncertainty training and defensive decision making
 - 2.9.3. Cohesion of decisions with defensive communication
- 2.10. Defensive rebounding situations
 - 2.10.1. The initiation of the counterattack
 - 2.10.2. Protection of areas with a higher chance of rebounding
 - 2.10.3. Technique, processes, *timing* and types of *box-out*

Module 3. Physical Preparation

- 3.1. Physical preparation in basketball. The physical trainer in a *staff*
 - 3.1.1. Evolution of physical preparation in basketball
 - 3.1.2. The physical trainer in a *staff*
 - 3.1.3. Functions of the physical trainer in a professional team
- 3.2. Physical and physiological demands of basketball
 - 3.2.1. Scientific Evidence
 - 3.2.2. Types of load analyzed in basketball (internal and external)
 - 3.2.3. Monitoring systems
- 3.3. Planning a preseason
 - 3.3.1. Previous contact and online work
 - 3.3.2. Structure of a preseason
 - 3.3.3. Basic contents to build a team on a physical level

- 3.4. Physical tests and evaluations
 - 3.4.1. Functional Assessment
 - 3.4.2. Strength test in gymnasium
 - 3.4.3. Track physical tests
- 3.5. Planning a season
 - 3.5.1. The calendar
 - 3.5.2. Planning systems and objectives
 - 3.5.3. Structure from the general to the specific
- 3.6. Work contents: Strength, mobility, stability
 - 3.6.1. Strength
 - 3.6.2. Mobility
 - 3.6.3. Stability
- 3.7. Physical work on the track
 - 3.7.1. Aerobic and anaerobic work
 - 3.7.2. Speed and agility
 - 3.7.3. Training and match activation
- 3.8. Monitoring and analysis of the load in training and matches
 - 3.8.1. Internal load variables
 - 3.8.2. External load variables
 - 3.8.3. Practical applications in training
- 3.9. *Recovery*
 - 3.9.1. Rest
 - 3.9.2. Hydration, nutrition and supplements
 - 3.9.3. RPE, Wellness, heart rate variability scales
- 3.10. Post-season planning
 - 3.10.1. Post-season objectives
 - 3.10.2. Structured *off season* work
 - 3.10.3. Complementary work

Module 4. Physiotherapy

- 4.1. Sports Injuries
 - 4.1.1. Concept of Injury vs. Sports injury
 - 4.1.2. When is a basketball player injured?
 - 4.1.3. Who dictates that an athlete is injured?
- 4.2. Types of injuries and their treatment
 - 4.2.1. Muscle injuries
 - 4.2.2. Ligament injuries
 - 4.2.3. Tendon injuries
 - 4.2.4. Joint and bone injuries
- 4.3. The medical staff and its objectives with a basketball player injured
 - 4.3.1. The physician
 - 4.3.2. Physiotherapists
 - 4.3.3. The sports readaptor
 - 4.3.4. The physical trainer and coach
- 4.4. The most frequent injuries in basketball
 - 4.4.1. Injuries in the ischiosural area
 - 4.4.2. Sprains and the most affected areas
 - 4.4.3. Knee injuries and their types
 - 4.4.4. Quadriceps injuries
- 4.5. Why does a basketball player get injured? The most frequent causes
 - 4.5.1. Intrinsic factors of the basketball player
 - 4.5.2. Extrinsic factors of the basketball player
 - 4.5.3. Other factors
 - 4.5.4. Incidence of injury
- 4.6. Recurrences of injuries and their possible causes
 - 4.6.1. What is a recurrence?
 - 4.6.2. Can a recurrence be avoided?
 - 4.6.3. What are the most frequent causes of recurrence?
 - 4.6.4. How do we know if it is well now?





- 4.7. Physical-sport readaptation and its phases of an injured basketball player
 - 4.7.1. Phases
 - 4.7.2. Sports Functional Recovery
 - 4.7.3. Physical-sports recovery
 - 4.7.4. Sports Retraining
- 4.8. Effort Retraining
 - 4.8.1. What is stress retraining?
 - 4.8.2. How do we control stress retraining?
 - 4.8.3. What parameters or tests do we take into account to assess the fitness of the basketball player?
 - 4.8.4. The feelings of the basketball player are important
- 4.9. Return to performance of an injured basketball player
 - 4.9.1. Aspects to take into account in the player's reincorporation to the group
 - 4.9.2. First Steps
 - 4.9.3. Reincorporation to the group
 - 4.9.4. Example of planning for the return to competition
- 4.10. Injury prevention in a basketball player
 - 4.10.1. Prevention of the most frequent injuries
 - 4.10.2. The importance of strength in the prevention of injuries
 - 4.10.3. When and how do we carry out an injury prevention protocol?
 - 4.10.4. The work of the basketball player outside the team in the prevention of injuries

Module 5. Scouting and preparation of match

- 5.1. Self-knowledge and personal vision. Philosophy + beliefs
 - 5.1.1. The coach's personal vision. Building a basketball
 - 5.1.2. The Importance of *Scouting* Information Management
 - 5.1.3. How to approach *scouting*
- 5.2. Own and rival *scouting* Spying, observation and decision
 - 5.2.1. What do we observe in the opponent?
 - 5.2.2. What do we observe in our own team?
 - 5.2.3. Observation points when watching matches

- 5.3. SWOT analysis and the five elements
 - 5.3.1. SWOT analysis and its use in *scouting* and match planning
 - 5.3.2. Strategy, tactics, statistics, rules and concepts
 - 5.3.3. The use of proprietary counter-*scouting*
- 5.4. Counter-*scouting*. Anticipate the Future
 - 5.4.1. What Is counter-*scouting*?
 - 5.4.2. How can we get the most out of it?
 - 5.4.3. Can we anticipate what is going to happen?
- 5.5. The game plan. Simplifying and communicating
 - 5.5.1. Different party plans? Only one plan?
 - 5.5.2. Importance of concepts and ability to simplify
 - 5.5.3. Communication and transmission of the message. Talking about the plan
- 5.6. Training the plan. The art of war
 - 5.6.1. Importance to the preparation of a match. The art of war
 - 5.6.2. Elements to protect, to enhance, to punish and to avoid
 - 5.6.3. Working match plan vs. own concepts. Use of rival counter-*scouting*
- 5.7. Use of video and visual tools
 - 5.7.1. Rival video *scouting* sessions. Differences between playing local or away
 - 5.7.2. In-house video *scouting* sessions. Individual and group
 - 5.7.3. Motivational sessions and use of video in the age of immediacy
- 5.8. Beginning of the match. Control and evaluation tools
 - 5.8.1. Reading and recognition systems
 - 5.8.2. Tools to control and evaluate the match plan
 - 5.8.3. Decisions to be made. Risks of the plan
- 5.9. Passage through the locker room. Decisions and course adjustments
 - 5.9.1. Information processing and treatment. Listening and deciding
 - 5.9.2. Adjust course or continue to believe in the plan. Intuition and instinct
 - 5.9.3. Communication with players
- 5.10. Post-match evaluation. A pending subject
 - 5.10.1. Use of data and final statistics
 - 5.10.2. Post-match. Use of video and creation of post-match report
 - 5.10.3. Communicating match report to the team

Module 6. Team leadership and party leadership

- 6.1. Team building, *staff* and assignment of roles
 - 6.1.1. Building a team. Searching for profiles
 - 6.1.2. Building a technical *staff*. Everything adds, nothing subtracts
 - 6.1.3. Assigning roles. Do we always look for the best?
- 6.2. Management and group management. Where leadership lies
 - 6.2.1. The range of knowledge of a coach
 - 6.2.2. Types of leadership of a coach. Is it the same for everyone?
 - 6.2.3. Attention to detail and the group's red lines. Fairness
- 6.3. Communication with the player
 - 6.3.1. The person above all else
 - 6.3.2. Listening and respect
 - 6.3.3. Honesty and sincerity. The only valid script
- 6.4. Factors that condition team management
 - 6.4.1. Results Profitability vs. relativization
 - 6.4.2. Cohesion and group health
 - 6.4.3. External agents beyond the company's control
- 6.5. Competencies of the leader of a human group. The guiding light
 - 6.5.1. Aspects to be mastered by the leader of a professional team
 - 6.5.2. Care for details
 - 6.5.3. Looking for leaders within the group
- 6.6. The day-to-day demands. Mutual adaptation to the course of the journey
 - 6.6.1. Creating habits and automatisms in the team
 - 6.6.2. Understanding, listening, squeezing and caring
 - 6.6.3. Creating a club culture
- 6.7. Match management. Technical and emotional management. Decisions
 - 6.7.1. Previous reading of the match. Theoretical anticipation
 - 6.7.2. Damage and risk assessment
 - 6.7.3. Evaluation of opportunities. Decision management

- 6.8. Use and profitability of communication. Talks and downtime
 - 6.8.1. Knowing how to communicate. Pre-match talk. Motivational stages
 - 6.8.2. Interpretation of the environment to adjust the message. Verbal adaptation
 - 6.8.3. Non-verbal communication and adaptation to the moment of the match
- 6.9. Success vs. failure. The fine line between relativizing and profiting from it
 - 6.9.1. Ability to evaluate processes
 - 6.9.2. Self and internal analysis
 - 6.9.3. Communicating and convincing?
- 6.10. Who helps those who help others? Mental Health
 - 6.10.1. The figure of the psychologist in a professional team
 - 6.10.2. The loneliness of the trainer
 - 6.10.3. Living in uncertainty

Module 7. Basketball Modalities (3X3)

- 7.1. History of 3x3. A new sport within a centenary one
 - 7.1.1. When and how FIBA became interested in 3X3
 - 7.1.2. Professional circuit. Beginnings and present
 - 7.1.3. From the street to the Olympic Games
- 7.2. Regulation Optimizing knowledge of the rules
 - 7.2.1. Regulations
 - 7.2.2. Particularities of the 3x3 with respect to the 5x5
 - 7.2.3. Knowing and taking advantage of the rules
- 7.3. Qualification system. How and where to earn points
 - 7.3.1. FIBA, functioning and different realities
 - 7.3.2. *Ranking*. National and International
 - 7.3.3. Practical Applications Participation in tournaments
- 7.4. Organization of events. Everything you need for a successful 3x3
 - 7.4.1. Basic needs for the organization of an event
 - 7.4.2. Location and assembly. Who sponsors us?
 - 7.4.3. Dissemination and visibility. To whom is it directed?
- 7.5. Transition from 5x5 to 3x3. Differences and similarities
 - 7.5.1. Main differences and how to internalize them
 - 7.5.2. Similarities Transferring and exploiting them
 - 7.5.3. How to combine both modalities

- 7.6. Individual Technique Different ball and spaces, same gestures?
 - 7.6.1. Making spaces profitable. What technical gestures do we prioritize?
 - 7.6.2. Adapting gestures to reduced dimensions
 - 7.6.3. Speed of execution. Efficiency and effectiveness
- 7.7. Offensive tactics. How to use the greater existence of spaces
 - 7.7.1. Differences between transition and *check-ball*
 - 7.7.2. Angles of ball exit
 - 7.7.3. Non-stop. Linking continuous actions
- 7.8. Defensive tactics. Defensive efficiencies
 - 7.8.1. Differences between transition and *check-ball*
 - 7.8.2. Individual responsibility and communication, defensive keys
 - 7.8.3. *Scouting*. The importance of knowing the opponent
- 7.9. Training theory. If we play 3x3, we train 3x3
 - 7.9.1. Adaptation to 3x3. Exploiting all the virtues of a player
 - 7.9.2. Automating the game. Creation of links in the group
 - 7.9.3. Facilitating decision making. The player decides
- 7.10. Game trends. How the game is played and why
 - 7.10.1. Team structures. Evolution and reasons
 - 7.10.2. Offensive tendencies
 - 7.10.3. Defensive tendencies

Module 8. Collective offensive tactic

- 8.1. "The whole adds up to more than the sum of its parts". Habit + method
 - 8.1.1. Habit + method
 - 8.1.2. Clarity of concepts and the power of repetition
 - 8.1.3. Preparing the team to win every 1x1 that exists
- 8.2. Mastering the invisible collectively
 - 8.2.1. Attention to detail. The key to making the system work
 - 8.2.2. *Spacing, timing* and offensive pre-work
 - 8.2.3. Methodology and emphasis to achieve the consolidation of these concepts
- 8.3. Direct blocking. King of the generation of advantages
 - 8.3.1. Use of direct blocking in today's basketball
 - 8.3.2. Types, *timing*, roles and *spacing* of direct blocking
 - 8.3.3. Creation and use of deferred advantages for direct blocking play

- 8.4. Indirect blocking. The peak of collective cohesion
 - 8.4.1. Use of indirect blocking in basketball today
 - 8.4.2. Direct blocking, a linking or finishing element?
 - 8.4.3. Types, *timing*, roles and *spacing* of Indirect blocking
- 8.5. Playing with your back to the rim. A thing of a few?
 - 8.5.1. Details and *spacing* in the back to the hoop game. Current Trends
 - 8.5.2. Playing with the back to the rim after a direct block
 - 8.5.3. Playing with the back to the rim after a Indirect block
- 8.6. Hand in hand and "*screen the screener*". Elements of fluency
 - 8.6.1. Types of hand-to-hand
 - 8.6.2. Types of "*screen the screener*" situations
 - 8.6.3. Elements of fluidity in the game. Choosing where to put focus distraction
- 8.7. The counterattack game. The first seconds
 - 8.7.1. Starting the counterattack. *Box-out* + *outlet pass*
 - 8.7.2. *Spacing* + concepts of collective play in counter-attack
 - 8.7.3. Counterattack times
- 8.8. The *arriving* game. Arriving by playing or arriving by playing?
 - 8.8.1. Defensive balance reading and *early offense*
 - 8.8.2. *Spacing* of the *arriving* game
 - 8.8.3. Connecting *arriving* with direct blocking, indirect blocking and low post
- 8.9. 5x5 game. Concepts and systems, extension of players
 - 8.9.1. Offensive systems. The extension of the players
 - 8.9.2. Choice and creation of systems. Why? When? How? Where?
 - 8.9.3. Grouping and connecting concepts. Attention to details. Mastering the invisible
- 8.10. Special last second and ATO situations
 - 8.10.1. Reading and knowledge of the players themselves
 - 8.10.2. Prior knowledge of the opponent to attack weaknesses
 - 8.10.3. Types of ATO situations

Module 9. Defensive collective tactics

- 9.1. The art of defense. The beginning of the best attack. Habit + method
 - 9.1.1. Defensive philosophy and methodology. Adaptation to the team
 - 9.1.2. Building from incomplete to complex
 - 9.1.3. Attention to detail. Ball pressure
- 9.2. Rules, discipline, pre-work and activity. The four pillars
 - 9.2.1. First preseason rules. Habits + automatisms
 - 9.2.2. Defensive discipline + preliminary work
 - 9.2.3. Defensive activity 25-second defenses
- 9.3. Defensive balance. Strength in vulnerability
 - 9.3.1. Defensive balance roles. Importance of balance in systems
 - 9.3.2. First direct blocking defense and use of fouls in defensive balance
 - 9.3.3. Reading to catch in the open field. Zone in defensive balance?
- 9.4. Direct blocking defense. The dispute for the initiative
 - 9.4.1. Philosophy, team characteristics and influence of opponent's *scouting*
 - 9.4.2. Types and timing of direct blocking defense
 - 9.4.3. Defensive tendencies in direct blocking. The detail in the collective
- 9.5. Indirect blocking defense. The origin of many advantages
 - 9.5.1. Fixed rules? Defending the ball or not changes everything
 - 9.5.2. Indirect defensive rules for outside players
 - 9.5.3. Defensive indirect rules for inside players
- 9.6. Low post defense. Protecting the sacred
 - 9.6.1. One-on-one defenses and feints
 - 9.6.2. Aggressive low post defenses + rotations
 - 9.6.3. Is defending low post only defending inside players?
- 9.7. Hand-to-hand defense and *screen the screener*. Stopping fluidity
 - 9.7.1. Variations according to angles, opposing players and *scouting*
 - 9.7.2. *Screen the screener* rules
 - 9.7.3. Tactical status to be prepared for any opponent's weapon

- 9.8. Space defenses or zone defenses. The bazaar of resources
 - 9.8.1. Types of zonal defenses
 - 9.8.2. Current trends in space defenses
 - 9.8.3. Are zones formative? Courageous or cowardly recourse?
- 9.9. Full-field and $\frac{3}{4}$ field pressing defenses
 - 9.9.1. Full-field zonal defenses
 - 9.9.2. Individual jump and switch defenses
 - 9.9.3. Selection of the moment of pressure
- 9.10. Special defenses and ATO alternatives
 - 9.10.1. Decision making based on rival knowledge
 - 9.10.2. Preparation of special defenses. Everything is trained
 - 9.10.3. Evaluating the performance of special and alternative defenses

Module 10. Regulation

- 10.1. Arbitration Organization and methodology
 - 10.1.1. What is arbitration?
 - 10.1.2. Knowledge tools
 - 10.1.3. Refereeing organization. Championships and matches
- 10.2. Relationship between participants. Referees and coaches
 - 10.2.1. Being a referee 24 hours a day
 - 10.2.2. Relationship with coaches
 - 10.2.3. How to communicate
- 10.3. Head coach and assistant coach. Obligations and rights
 - 10.3.1. Duties of the head coach. Regulation
 - 10.3.2. Duties of the assistant coach. Regulation
 - 10.3.3. Special situations between coaches
- 10.4. Rules of the game: Condition and ball control
 - 10.4.1. Introduction. The Rules of Games
 - 10.4.2. Condition of the ball
 - 10.4.3. Ball control
- 10.5. Rules of the game: Time-outs and substitutions
 - 10.5.1. Time-out. Interpretations
 - 10.5.2. Substitutions Interpretations
 - 10.5.3. Special match situations
- 10.6. Rules of the game: Defeats by default and inferiority
 - 10.6.1. Match lost by default
 - 10.6.2. Match lost due to inferiority
- 10.7. Violations: Illegal advance, 3 sec. and closely defended player
 - 10.7.1. What are violations?
 - 10.7.2. Illegal advance
 - 10.7.3. Three seconds
 - 10.7.4. Closely Defended Player
- 10.8. Violations. Interposition and interference
 - 10.8.1. Interposition. When it occurs
 - 10.8.2. Interference. When it occurs
 - 10.8.3. Differences between interposition and interference
- 10.9. Fouls. Personal, double, technical, unsporting and disqualifying fouls
 - 10.9.1. When does a foul occur?
 - 10.9.2. Personal fouls
 - 10.9.3. Double fouls
 - 10.9.4. Technical and disqualifying fouls. Differences
 - 10.9.5. Unsportsmanlike fouls. Criteria
- 10.10. Correctable errors
 - 10.10.1. What is a correctable error?
 - 10.10.2. Situations in which it applies
 - 10.10.3. Conclusions

06 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.



“

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.

“*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

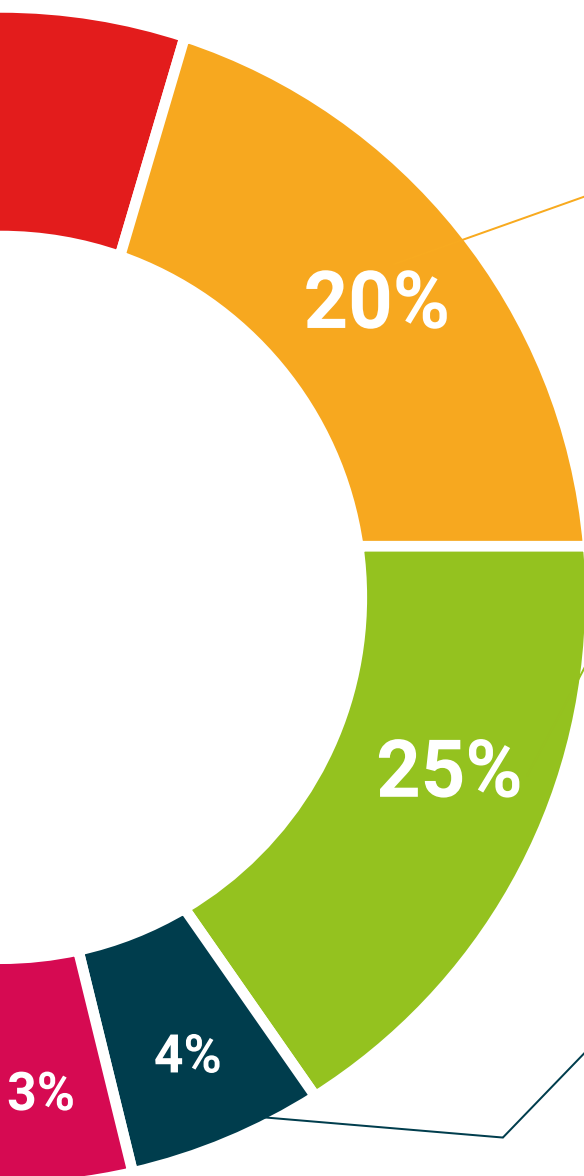
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.



07 Certificate

The Master's Degree in Professional Basketball guarantees students, in addition to the most rigorous and up-to-date education, access to a Master's Degree diploma issued by TECH Global University.



“

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 **Master's Degree diploma in Professional 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.

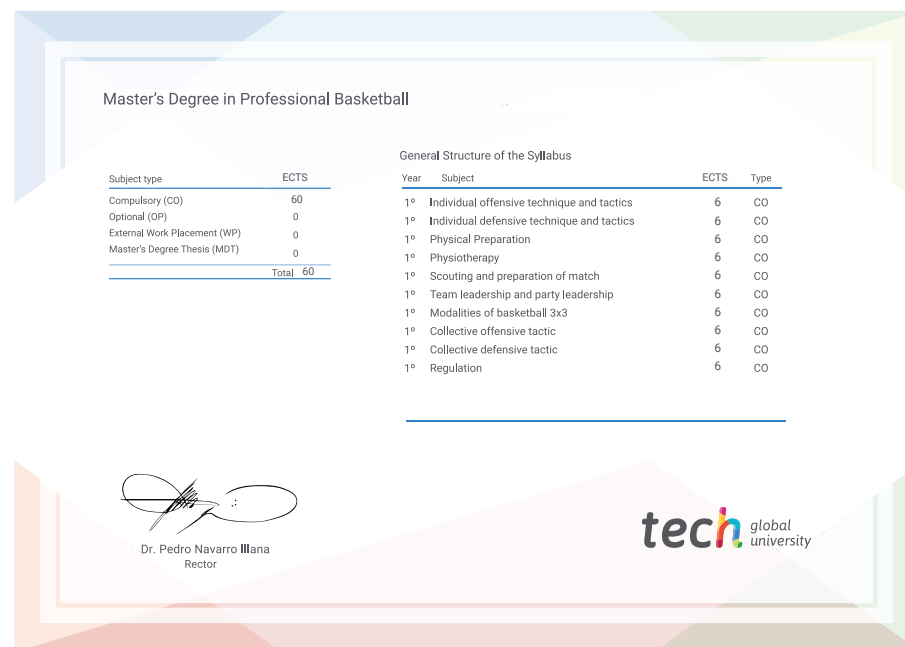
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Master's Degree in Professional Basketball**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**





Master's Degree Professional Basketball

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Master's Degree Professional Basketball

Endorsed by the NBA

