

# Postgraduate Certificate Individual and Defensive Basketball Technique

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Certificate Individual and Defensive Basketball Technique

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

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

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# 01

# Introduction

Defense in the world of Basketball requires a mastery of techniques and concepts to anticipate the attack of the opposing team or act through different strategies on the court. Whatever the defensive option used, the previous training work is fundamental. At this point, the coach's figure becomes crucial, given his mastery of all the facets and characteristics of the game and of the athletes. For this reason, TECH has created this 100% online degree that leads students to obtain intensive knowledge on how to build a solid and effective individual defense, with emphasis on ball pressure and successfully face decision making in the game.





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*Become an expert in Individual and Defensive Basketball Technique thanks to this 6-week Postgraduate Certificate”*

Individual defense is the axis on which all types of defenses that a basketball coach can implement in his team revolve. A facet of the game that has undergone important evolutions thanks to the work of great coaches, whose strategies have led to the sporting success of their teams.

In this sense, the ability to perfect the player's technique, to anticipate the opponent's offensive action or to know how to act intelligently in the face of different attacks are just some of the points addressed in this Postgraduate Certificate.

A syllabus that focuses on Individual and Defensive Basketball Technique over 6 weeks and with contents developed by an excellent teaching team with wide experience in the performance of professional coaching functions. This way, the graduate will obtain first class education from a teaching staff that perfectly masters this sport in all aspects of the game.

In addition, multimedia pedagogical tools (video summaries, detailed videos), specialized readings or case studies will allow you to delve into the defensive methodology used in each case, as well as the mistakes to avoid in different game situations.

Furthermore, the Relearning method will enable students to learn efficiently without having to invest long hours in memorization. The continuous reiteration of key concepts throughout the course of the program will promote learning.

In this academic context, TECH is also distinguished by providing a flexible teaching methodology, where students only need an electronic device with an internet connection to access, wherever and whenever they wish, the material provided on the virtual platform.

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

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



*You will expand your knowledge in Individual and Defensive Basketball Technique, without neglecting your professional and personal responsibilities”*

“*TECH provides you with great technological material to achieve your goals, giving you dynamism and comfort through its online methodology*”

*In this Postgraduate Certificate you will strengthen your skills to improve your players' agility, speed and defensive reaction capacity.*

*This program has been developed by distinguished specialists in the field of Professional Basketball. Enroll now.*

The program's teaching staff includes professionals from the 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.



# 02 Objectives

This Postgraduate Certificate in Individual and Defensive Basketball Technique has been created mainly to provide the professional with innovative updates in the area of high performance Basketball. Therefore, TECH provides different multimedia tools, successfully achieving the development of this Postgraduate Certificate. At the end of this program, students will have reinforced their knowledge related to communication and defensive collaboration between players to close passing lanes and help in the defense.







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*With TECH you achieve success in your professional basketball coaching career by mastering advanced techniques to anticipate and read an attacker's movements”*



## General Objectives

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





## Specific Objectives

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- ◆ To develop and 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



*With this Postgraduate Certificate you will perfect your skills in techniques to defend blocks, pick and roll and other offensive tactics of the opposing team”*

# 03

# Course Management

TECH offers an elite education for the professional who attends its university programs to obtain a very useful knowledge and application in their performance as a basketball coach at the highest level. This way, students will have access to exclusive material created and guided by a teaching staff that has worked as coaches in this sport and is specialized in sports psychology, communication skills and match analysis. Their extensive experience and knowledge will allow the graduate to resolve any doubts that may arise during the course of the Postgraduate Certificate.





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*Succeed with the help of TECH with the best teaching team trained and specialized in Sports Psychology and Basketball”*

## Management



### **D. Castro Martínez, Iago**

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



# 04

## Structure and Content

This program has been oriented and developed with the highest educational quality standards in order to offer students, throughout 6 weeks, the most advanced knowledge in Individual and Defensive Basketball Technique. All this, in addition, through innovative multimedia didactic content, which will lead students to obtain intensive learning in a much more dynamic and attractive way. In addition, the graduate has additional pedagogical resources such as specialized readings to further extend the information provided in this program.







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*A syllabus developed by renowned experts with an emphasis on information processing and defensive decision making”*

## 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
  - 1.3.2. 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

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*A 100% online program that provides the flexibility to delve into Getting stops” defensive shifts whenever you want”*

# 05 Methodology

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

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





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

### Case Study to contextualize all content

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

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



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



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

### A learning method that is different and innovative

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

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

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

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

## Relearning Methodology

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

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

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

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

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





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

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

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

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

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



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



#### Study Material

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

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



#### Classes

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

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



#### Practising Skills and Abilities

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



#### Additional Reading

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





#### Case Studies

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



#### Interactive Summaries

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

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



#### Testing & Retesting

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



06

# Certificate

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



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

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

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

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

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

Official N° of Hours: **150 h.**

Endorsed by the NBA



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



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- » Schedule: at your own pace
- » Exams: online

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