

Postgraduate Diploma Defensive Basketball

Endorsed by the NBA



tech technological
university



Postgraduate Diploma Defensive Basketball

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

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

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01

Introduction

From individual marking and zone defense, perimeter defense to transition defense and quick recovery have led to an important tactical evolution of basketball. Counteracting the offensive qualities of the players, perfecting technique and skills to create new scoring actions are a challenge and a continuous work by coaches in their sessions. In order to promote this update in this field, TECH has developed this Postgraduate Diploma with a methodology that favors the reconciliation of daily life with an advanced and quality education. This way, the graduate will deepen in the technical and tactical advances, as well as in the necessary skills to lead teams at the highest level in this sport.





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*A Postgraduate Diploma in Offensive Basketball
100% online and without scheduled classes.
Learn at your own pace with TECH. Enroll now”*

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

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

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

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

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

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

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



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

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

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

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

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

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



02 Objectives

Thanks to the multimedia pedagogical tools with high quality images and case studies provided by TECH, the coach will obtain advanced and dynamic learning about Defensive Basketball. In addition, over the course of the 450 teaching hours, you will increase your leadership and team management skills in this sport during training sessions and in the course of the match. A unique opportunity to learn from real experts in this field.



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With this university degree you will be up to date on the Defensive Trends of Direct Blocking”



General Objectives

- To encourage creativity in attack and the ability to improvise in changing situations
- To work on reading the opponent's defense and recognizing opportunities to exploit their weaknesses
- To prepare players to face challenging situations and respond appropriately to changes in the opponent's strategy
- To stay aware of the latest research and advances in sports physiotherapy to ensure evidence-based practice
- To promote the importance of injury prevention and physiotherapy as a tool to improve performance and extend the career of basketball players
- To promote adequate physical condition for this type of game, with emphasis on the endurance, speed and agility necessary to compete in half court
- To develop skills to resolve disputes or controversies related to the regulations in an impartial and objective manner
- To promote the importance of nutrition and adequate rest to optimize physical performance





Specific Objectives

Module 1. Individual defensive technique and tactics

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

Module 2. Team and game management

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

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

Module 3. Collective defensive tactics

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

03

Course Management

The extensive professional experience in the world of Professional Basketball have been decisive for the choice of the management and teaching team that integrates this Postgraduate Diploma. This way, the graduate has the guarantee of having access to a syllabus prepared by real experts in this field, with a career linked to top-level teams. In addition, thanks to its proximity, the graduate will be able to resolve any questions they may have about the content of this program.





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You are faced with a degree designed and created by great professionals in the field of first level Basketball”

Management



Mr. 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

The syllabus of this Postgraduate Diploma has been designed to offer over 6 months, the most advanced content on technique and defensive tactics both individually and collectively, as well as the necessary skills to exercise leadership as a coach in a top level basketball team. All this, in three modules with the most innovative pedagogical tools, accessible 24 hours a day, from any digital device with internet connection.



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Access the best multimedia didactic material through your computer with internet connection"

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

Module 2. Team and game management

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

- 2.7. Match direction. Technical and emotional management. Decision
 - 2.7.1. Pre-match reading. Theoretical anticipation
 - 2.7.2. Damage and risk evaluation
 - 2.7.3. Opportunity evaluation. Decision management
- 2.8. Use and profitability of communication. Talks and time-outs
 - 2.8.1. Knowing how to communicate. Pre-match talk. Motivational stages
 - 2.8.2. Interpretation of the environment to adjust the message. Verbal adaptation
 - 2.8.3. Non-verbal communication and adaptation to the moment of the match
- 2.9. Success vs. failure. The fine line between relativization and profitability
 - 2.9.1. Ability to evaluate processes
 - 2.9.2. Own and internal analysis
 - 2.9.3. Communicate and convince?
- 2.10. Who helps those who help others? Mental Health
 - 2.10.1. The figure of the psychologist in a professional team
 - 2.10.2. The loneliness of the trainer
 - 2.10.3. Living in uncertainty
- 3.5. Indirect blocking defense. The origin of many advantages
 - 3.5.1. Fixed standards? Defending the ball or not changes everything
 - 3.5.2. Indirect defensive rules for outdoors
 - 3.5.3. Indirect defensive rules for indoors
- 3.6. Low post defense. Protecting the sacred
 - 3.6.1. One-on-one defenses and feints
 - 3.6.2. Aggressive low post defenses + rotations
 - 3.6.3. Defending low post is defending only inside players?
- 3.7. Hand-to-hand defense and *screen the screener*. Stopping the flow
 - 3.7.1. Variations according to angles, opposing players and *scouting*
 - 3.7.2. Screen the screener rules
 - 3.7.3. Tactical status to be prepared for any adversary weapon
- 3.8. Space or zone defenses. The resource bazaar
 - 3.8.1. Types of Zone Defenses
 - 3.8.2. Current Trends in Spaces Defenses
 - 3.8.3. Are the zones formative? Brave or cowardly recourse?
- 3.9. Pressing defenses in the entire field and $\frac{3}{4}$ of the field
 - 3.9.1. Full-field zone defenses
 - 3.9.2. Individual jumping and shifting defenses
 - 3.9.3. Selection of pressure moment
- 3.10. Special defenses and ATO alternatives
 - 3.10.1. Decision-making based on rival knowledge
 - 3.10.2. Preparation of special defenses. Everything is trained
 - 3.10.3. Evaluate the performance of special and alternative defenses

Module 3. Collective defensive tactics

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

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.



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

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 Defensive Basketball 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 Diploma in Defensive Basketball** 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 diploma 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 Diploma in Defensive Basketball**

Official N° of hours: **450 h.**

Endorsed by the NBA



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



Postgraduate Diploma Defensive Basketball

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

Postgraduate Diploma Defensive Basketball

Endorsed by the NBA

