

# Postgraduate Diploma Offensive Basketball

Endorsed by the NBA



**tech** technological  
university



## Postgraduate Diploma Offensive 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-offensive-basketball](http://www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-offensive-basketball)

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# 01

# Introduction

The evolution of basketball rules has brought about changes in the style of play. From outside shooting, to prioritizing speed or agility. In this scenario, new technologies have contributed to game analytics and the implementation of advanced strategies. Mastering this scenario requires in-depth knowledge of the different offensive techniques and tactics used in this sport, which is why TECH has created this 100% online Postgraduate Diploma that provides the coach with the most advanced knowledge of individual and collective technique and tactics, as well as the necessary skills to manage teams at the highest level. All this, through a syllabus prepared by real experts with a long professional career in this sport.





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*In only 6 months you will be able to specialize in Offensive Basketball by the hand of real professionals of this sport. Enroll now”*

Throughout the history of basketball, attacking actions have been influenced by changes in the rules, the qualities of the players and the strategic vision of the coaches. For this reason, distance shooting gained importance in the '60s and the influence of European basketball in the NBA led to more post play and movement without the ball.

All these changes have made the sport more colorful and have led coaches to include new offensive strategies in their teams. Therefore, mastering the attack in this sport requires a deep knowledge of the factors that determine it and the skills to transmit them to the players at the highest level. For this reason, this 6-month Postgraduate Diploma in Offensive Basketball is born.

An intensive yet flexible program that will allow the coach to deepen his knowledge of crucial attacking skills, improving ball handling, passing, shooting and one-on-one movement. In addition, the agenda will delve into collective offensive tactics and will place special emphasis on leadership and decision making.

All of this is accompanied by multimedia didactic material (video summaries of each topic, detailed videos), specialized readings and case studies. A complete set of material to which you will have unrestricted access throughout the 450 teaching hours that make up this program.

Students are therefore provided with a comprehensive academic proposal that is compatible with their most demanding personal and professional responsibilities. All you need is an electronic device with an Internet connection to view, at any time of the day, the content hosted on the virtual platform.

This **Postgraduate Diploma in Offensive 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
- ♦ 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 the self-assessment process can be carried out 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



*TECH adapts to you and that is why we have created a 100% online Postgraduate Diploma, with content accessible 24 hours a day, from any digital device with an internet connection"*

“ *Deepen in one-on-one defensive situations and to use blocking to create scoring opportunities* ”

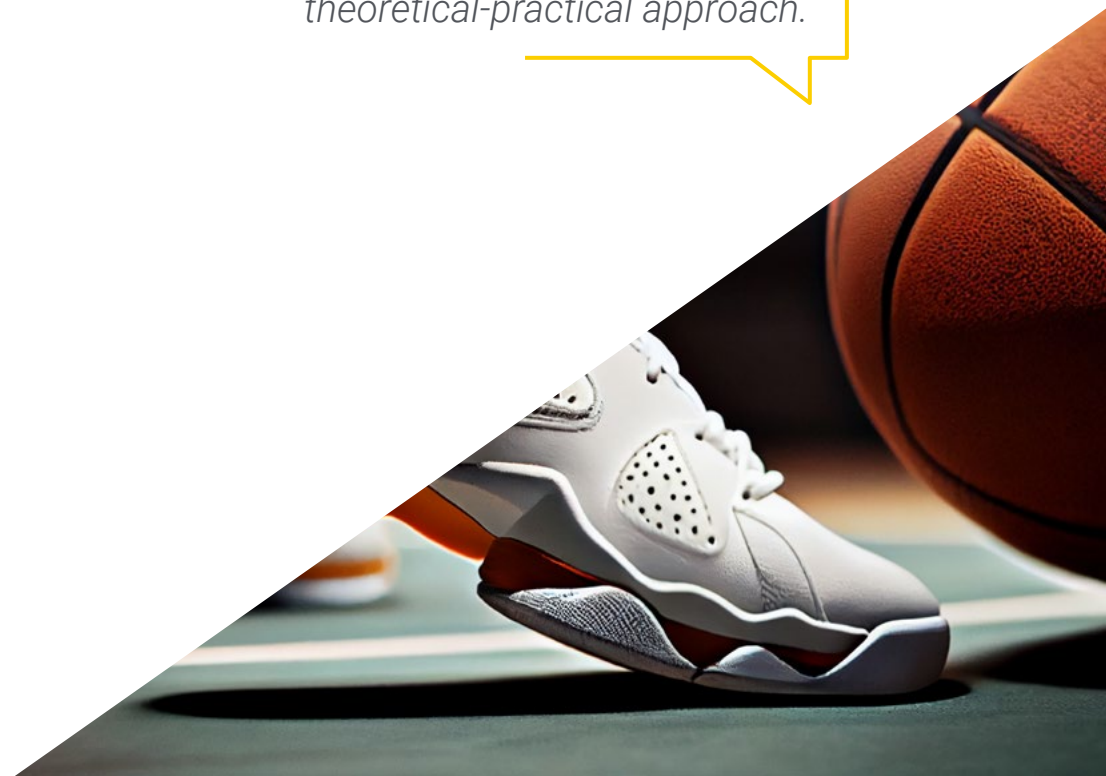
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*Enroll now in a Postgraduate Diploma designed to offer you a quality education that is compatible with your daily responsibilities.*

*Deepen in the offensive systems through the best multimedia material and from a theoretical-practical approach.*



# 02

## Objectives

From a theoretical-practical perspective, the graduate who accesses this university degree will have access to the most updated and rigorous information on the development of team game strategies to effectively attack the opposing defense. In addition, at the end of these 450 teaching hours you will have acquired leadership skills and improved your knowledge of shooting mechanics, movements under the post or without the ball. For this purpose, numerous didactic resources are available, including case studies.





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*The case studies offer you multiple game situations, whose methodology you can integrate into your training sessions"*



## General Objectives

- 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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### Module 1. Individual offensive technique and tactics

- ♦ To develop and refine players' individual technical skills, such as bouncing, passing, shooting and off-ball movements
- ♦ To teach advanced techniques to overcome defenders in one-on-one situations and create scoring opportunities
- ♦ To improve tactical understanding of the game, including the use of blocks and cuts to get free and receive the ball in advantageous positions
- ♦ To teach strategies for playing different offensive positions, including low post and perimeter play
- ♦ To prepare players to face intense defenses and learn how to respond to different defensive tactics
- ♦ To promote a focus on continuous improvement and self-discipline in the development of players' offensive skills

### 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
- ♦ To establish an ethical and professional approach to team management, promoting values such as respect, discipline and sports ethics
- ♦ To contribute to the development of coaches and leaders with solid skills to lead basketball teams at different competition levels

### Module 3. Collective offensive tactics

- ♦ To educate coaches and players with a deep knowledge of systems and team play strategies for offensive attack
- ♦ To develop skills to implement collective game systems that optimize the team's offensive performance
- ♦ To learn to use space effectively and create scoring opportunities through ball movement and off-ball movement
- ♦ To enhance tactical decision making in the attack, including the use of blocks and breaks to generate offensive advantages
- ♦ To work on communication and synchronization among players in order to achieve a smooth execution of offensive plays
- ♦ To establish an approach based on continuous improvement, where analysis and constant feedback allow the optimization of offensive tactics
- ♦ To develop competences to face different defensive systems and to adapt the offensive collective tactics according to the opponent
- ♦ To contribute to the development of offensively efficient and effective teams, capable of facing challenges in competitions and achieve sporting success

03

# Course Management

In its maxim to offer quality teaching, TECH has assembled an excellent teaching staff made up of professionals in the field of basketball with wide experience in technical management. Their deep knowledge of offensive tactics is evident in the syllabus of this Postgraduate Diploma. In addition, given its proximity, students will be able to resolve any questions they may have about the content of this program in order to obtain a complete learning experience.



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*World-class professionals are in charge of offering you the most advanced content on Offensive Basketball. Enroll now”*

## Management



### **Mr. Castro Martínez, Iago**

- ♦ Cáceres Basket LEB Gold 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 is oriented to provide 6 months the most current content on the different individual and collective offensive techniques and tactics. In addition, this academic pathway will place special emphasis on team management competencies and skills. In order to achieve the graduate has access to numerous innovative didactic materials, accessible 24 hours a day, 7 days a week.







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*Thanks to the Relearning method, you will achieve effective learning, consolidating the most important concepts in a simple way and in short time"*

## Module 1. Individual offensive technique and tactics

- 1.1. Mastering the invisible
  - 1.1.1. Modern basketball?
  - 1.1.2. Personal vision goggles
  - 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. Game without ball
  - 1.3.1. Adjusting the timing
  - 1.3.2. In constant motion?
  - 1.3.3. Rules for play without a ball
- 1.4. The shot
  - 1.4.1. The beginning and the end
  - 1.4.2. Shot details
  - 1.4.3. Shooter mentality and self-training
- 1.5. Passing. The unifying element
  - 1.5.1. Types of passes
  - 1.5.2. Passing trends in today's 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. Bounces prior to generating technical actions
  - 1.6.3. Bounces prior to tactical finishing 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 previous advantages
- 1.8. 1x1 situations without initiated bounce
  - 1.8.1. "Playing first." The triple threat in a bounce?
  - 1.8.2. Shooting, passing and starting feints
  - 1.8.3. Dynamic receptions in pass

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

## 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
- Module 3. Collective offensive tactics**
- 3.1. "The whole adds up to more than the sum of its parts." Habit + method
    - 3.1.1. Habit + method
    - 3.1.2. Concept clarity and the power of repetition
    - 3.1.3. Prepare the team to win every 1x1 that exists
  - 3.2. Collectively mastering the invisible
    - 3.2.1. Attention to details. The key to making the system work
    - 3.2.2. Spacing, timing and offensive prework
    - 3.2.3. Methodology and emphasis to achieve the consolidation of these concepts
  - 3.3. Direct blocking. King of the lead generation
    - 3.3.1. Use of direct blocking in today's basketball
    - 3.3.2. Types, timing, roles and spacing of direct blocking
    - 3.3.3. Creation and use of deferred advantages for the direct blocking game
  - 3.4. Indirect blocking. The peak of collective cohesion
    - 3.4.1. Use of Indirect blocking in today's basketball
    - 3.4.2. Direct blocking, a linking or terminating element?
    - 3.4.3. Types, timing, roles and spacing of Indirect blocking
  - 3.5. Playing with your back to the hoop. A thing of a few?
    - 3.5.1. Details and spacing in the back to hoop game. Current Trends
    - 3.5.2. Back play after direct blocking
    - 3.5.3. Back play after Indirect blocking
  - 3.6. Hand-to-hand and "screen the screener". Flow elements
    - 3.6.1. Types of hand-to-hand
    - 3.6.2. Types of "screen the screener" situations
    - 3.6.3. Elements of flow in the game. Choosing where to place the distraction focus
  - 3.7. The counter-attacking game. The first seconds
    - 3.7.1. The start of the counterattack. Box-out + outlet pass
    - 3.7.2. Spacing + concepts of collective play in counterattack
    - 3.7.3. Counterattack times
  - 3.8. The arriving game. Arriving by playing or playing by arriving?
    - 3.8.1. Defensive balance reading and early offense
    - 3.8.2. Spacing of game in arriving
    - 3.8.3. Connecting arriving with direct blocking, indirect blocking and low post
  - 3.9. 5x5 game. Concepts and systems, player extension
    - 3.9.1. Offensive systems. The extension of players
    - 3.9.2. System selection and creation. Why? When? How? Where?
    - 3.9.3. Grouping and connecting concepts. Attention to details. Mastering the invisible
  - 3.10. Last second special situations and ATO situations
    - 3.10.1. Reading and knowledge of their own players
    - 3.10.2. Prior knowledge of the opponent to attack weaknesses
    - 3.10.3. Types of ATO situations



*Acquire the psychological tools that every basketball coach at the highest level needs to compete at High Performance"*

# 05 Methodology

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

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





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

### Case Study to contextualize all content

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

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



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



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

### A learning method that is different and innovative

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

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

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

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

## Relearning Methodology

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

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

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

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

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





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

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

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

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

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



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



### Study Material

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

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



### Classes

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

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



### Practising Skills and Abilities

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



### Additional Reading

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





#### Case Studies

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



#### Interactive Summaries

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

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



#### Testing & Retesting

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



# 06 Certificate

The Postgraduate Diploma in Offensive Basketball guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Offensive 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Offensive 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.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



## Postgraduate Diploma Offensive Basketball

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

# Postgraduate Diploma Offensive Basketball

Endorsed by the NBA

