

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

Teaching Basketball

COURSE CODE:

N123

ECTS CREDITS

2

RESPONSIBLE FOR THE COURSE:

NAME	Laparidis Konstantinos		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B3-12		
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CO-INSTRUCTORS	Mavridis George, Assistant Professor		

SEMESTER:

1ST 2ND 3RD 4TH
5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
DIRECTION
SPECIALIZATION
PREREQUIZITE FOR SPECIALIZATION
ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

- To learn how to teach the basic personal basketball skills
- To apply teaching skills for many basketball drills aiming to master the fundamental requirements of basketball.
- To learn the contemporary teaching methods applied in simple or multiple basic basketball skills.
- To learn how to apply teaching skills in the process of developing the training structure in basketball.
- To understand the defensive and offensive philosophy of the game. The overall goal of the course is through the teaching methods and its applications to enable students to develop their abilities as prospective basketball instructors in the field of Physical Education.

COURSE CONTENTS (*outline – titles of lectures*)

1. Teaching the usefulness of moving abilities in basketball and the teaching methods for those. These, adapted to basketball needs, movements include body balance, running, changing directions, defensive moves etc. Also, there will be introduction to ball handling and pass teaching methods.
2. Teaching methods for the different passes – pass with one or both hands, bounce pass, chest pass, baseball pass – and introduction to teaching methods of dribbling skill.
3. Teaching methods for the different types of dribbles (control, offensive, defensive, reverse, back etc) and introduction of the shooting skill.
4. Teaching methods for the different types of shoots – free throw, lay up, jump shoot, hook shoot, follow shoot etc.
5. Use of multimedia as a feedback mean for the teaching methods (video show) for the basic skills of shoot-pass-dribble. Introduction to the personal technical and tactical skills for successful rebounds.
6. Teaching methods for the rebounds – offensive and defensive – and introduction to personal offensive and defensive skills (fakes).
7. Teaching methods for the use of fakes by outside and inside players – introduction to the offensive philosophy.
8. Teaching methods for playing offence one to one by applying offensive and defensive options by the outside and inside players. Introduction of the screen skill.
9. Teaching methods for the different types of screens (inside screen, outside screen, down screen, up screen) and the use of offensive game two on two and three on three. Offence-defense: teaching games with or without the use of screens. Introduction to team offence.
10. Teaching methods for playing offence four on four. Teaching methods for offence in general. Offensive and defensive co-operations.

11. Teaching methods for team offensive disciplines – teaching of basic offensive systems (longitudinal offensive moves).
12. Teaching methods for team defense – man to man. Disciplines for team defense.
13. Teaching alternative pedagogical games using basketball moves and skills as a mean to learn the fundamental technical and tactical skills and as a mean for physical activity for everyone, especially during the PE classes in schools.

TEACHING METHOD (*lectures – labs – practice etc*)

Theoretical and practical teaching. The distribution of the teaching content will be as followed:

- Theory and teaching methods for each subject 30%
- Practicing the teaching methods of the subjects 70%

ASSESSMENT METHOD(-S)

Written exam on theoretical issues of the course (end of semester): 30%

- Practical exam on teaching basketball skills (end of semester): 50%
- Interest and participation in class:20%

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

- Know and understand the rules of the game
- Can teach efficiently the basic personal skills of basketball
- Can teach the basic team technical and tactical skills of basketball
- Can teach and apply a program of practice for playing a complete basketball game.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1)Students will learn and understand the rules of the game	Demonstration of a game using multimedia means and analyse the rules	Cognitive quiz and application on the field.	10
2)Students will learn the methods and can teach the fundamentals skills of the game.	Presentation of the methods, demonstration and practice.	Short assessment and presentation of the methods by the students.	10
3)Students will learn the methods and can teach the team technical and tactical skills of the game	Presentation of the methods, demonstration and practice.	Oral assessment and presentation of the methods by the students.	10

4) Students will be able to teach and apply the design of a practice session and prepare a group to play the game	Multimedia demonstration, practical presentation and application of the teaching methods	Game demonstration by the students and final written and practical exams.	30
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. "*Basketball. Technical skills in teaching developmental ages*". G. Tsitskaris, P. Hatziathanasiou, A. Lefas, C. Galazoulas, Salto publications, Thessaloniki 2010.
2. "*Offense-Defense*". G. Tsitskaris, A. Lefas, C. Galazoulas, G. Karamousalidis, A. Thomaidis, N. Dimitriou, Salto publications, Thessaloniki 2010.
3. "*Learning Basketball*". A. Gavriilidis, Telethrio publications, Athens 2010.
4. "*Basketball beyond systems and the basics*" E. Kioumourtzoglou, M. Goudas. Christoulidi publications, Thessaloniki 2003.
5. "*Rules, Conducting Games*". G. Tsitskaris, A. Lefas, C. Galazoulas, Salto publications, Thessaloniki 2010.