



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	941	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

Entitlement

Coaching Science of Selected Sport III (Basketball)

Prerequisites

Fulfill the I course (II semester) requirements

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	Will be able to creatively analyze and systematize scientific literature.	Seminar	Individual work
2	Demonstrate knowledge and skills in basketball attack and defense team tactics.	Practical exercises (tasks)	Reporting for practice work
3	Will be able to apply general and special knowledge in organizing and conducting training.	Group work	Reflection on action, Report
4	Demonstrate knowledge of the topics studied in the module.		Examination

Main aim

Develop general and sport-specific coaching competences, related to the selected sport (basketball) theoretical (subject) coaching science knowledge, and practical skills of planning and organising workouts for athletes of different age and performance level.

Summary

Will be studied basketball didactics teaching the principles of modern and effective teaching methodologies and tools required for the formation of basketball skills. Mastered modern techniques of basketball training and development of technology. Analyzing basketball tactics and game structure.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	Specialaus lavinimo

Group under financial classification

10.Dailė (mokytojai), teatro (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer
1.	TEAM DEFENSE TACTICS. The balance of defense and the transition to defense.	
2.	MAN-TO-MAN DEFENSE.	
3.	Active man to man defense - PRESSURE. Pressure training and development.	
4.	ZONE DEFENSE. Active zone defense.	
5.	ZONE PRESSURE. Zone pressure training and improvement.	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Stonkus, S. 2003 Krepšinis: Istorija, teorija, didaktika Kaunas: LKKA	796.323 St242	51	Yes	1

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
2.	Krause, J.V., Meyer, D., Meyer, J. 2008 Basketball Skills & Drills Champaign, IL: Human Kinetics			No	1
3.	American Sport Education Program 2007 Coaching Basketball: Technical and Tactical Skills Champaign, IL: Human Kinetics			No	1
4.	Čižauskas, A., Kreivytė, R., Balčiūnas, M. 2012 Parengiamieji krepšinio pratimai Kaunas: LKKA	796.323 Či231	50	Yes	1
5.	Garastas, V. 2002 Krepšinio trenerio užrašai. Lietuvos sporto informacijos centras	796.323 Ga311	5	No	1
6.	Adkins, C.M., Bain, S.R., Dreyer, E.A., Starkey, R.A. 2007 Basketball drills, plays, and strategies Cincinnati: Betterway Books			No	1
7.	National Basketball Coaches Association 2009 NBA Coaches Playbook Champaign, IL: Human Kinetics			No	1
8.	Wissel, H. 2011 Basketball: Steps to success Champaign, IL: Human Kinetics			No	1
9.	American Sport Education Program & Don Showalter 2012 Coaching Youth Basketball Champaign, IL: Human Kinetics			No	1
10.	Gomez, Miguel Angel, Silva, Roberto, Lorenzo, Alberto, Kreivytė, Rasa, Sampaio, Jaime, Exploring the effects of substituting basketball players in high-level teams. Journal of sports sciences. ISSN 0264-0414 2017, vol. 35, iss.3. p. 247-254.			No	
11.	Sampaio, J., Lago, C., Drinkwater, E.J. (2010). Explanations for the United States of America's dominance in basketball at the Beijing Olympic Games (2008). Journal of Sports Science, 28 (2), 147–15.			No	
12.	Ibañez, S. J., García-Rubio, J., Miguel-Ángel Gómez, M.A., Gonzalez-Espinosa, S. (2018). The impact of rule modifications on elite basketball teams' performance. Journal of Human Kinetics, DOI:10.1515/hukin-2017-0193			No	

Additional literature

№.	Title
1.	Ben Abdelkrim, N., Castagna, C., El Fazaa, S. & El Ati, J. (2010). The effect of players' standard and tactical strategy on game demands in men's basketball. Journal of Strength and Conditioning Research, 24 (10): 2652–2662.
2.	Ferreira, A.P., Volossovitch, A., Gomes, F. & Infante, J. (2010). Dynamics of coach's game practical knowledge in basketball. International Journal of Sport Psychology, 41: 68-69.
3.	Nikolaidis, Y. (2013). Building a basketball game strategy through statistical analysis of data. Springer Science+Business Media New York.
4.	Melissa A. Chase, Deborah L. Feltz, Susan W. Hayashi & Teri J. Hepler. (2005). Sources of coaching efficacy: The coaches' perspective. International Journal of Sport and Exercise Psychology
5.	Miguel-Angel Gómez, Alberto Lorenzo, Sergio-José Ibañez & Jaime Sampaio. (2013). Ball possession effectiveness in men's and women's elite basketball according to situational variables in different game periods. Journal of Sports Sciences, http://dx.doi.org/10.1080/02640414.2013.792942

