

Subject title: THEORY AND METHODOLOGY OF BASKETBALL 2023/24
Physical Education Studies gender: <i>daily studies</i> Year of study: II-V Semester – all semesters
1. Department of Team Sports Games 2. Degree, name and surname of lecturers leading the subject: mgr Dominik Tomczyk; dr Marek Popowczak,
Leading languages of the subject: english
Subject's level: basic
Number of subject hours: 30 (15 x 2 hours)
Learning formula: tutorials
Subject goals: <ul style="list-style-type: none"> • Students will learn how to organize fun and games with basketball in the groups of young students. • Students will learn how to lead the learning of basketball skills. • Students will learn how to properly choose fun and games to learning process. • Students will learn the basic skills essential in efficient communication in basketball. • Students will learn to control, judge, self-rate and self-control their skills in basketball. • Students will learn the basic rules of basketball and learn the skills of referees. • Students will learn how to organize a basketball game.
Information about program: <i>Subject include practical form of basketball. Students will learn how to define the goals and purposes of games and exercises of basketball. Also, students will lead the classes starting from a warm up through the main part of the subject containing exercises and games to the last, ending part of the lesson using the theory and methodology of sport games and education process.</i>
Course content: Topic 1. Characteristics of basketball, its varieties and rules. – 2h Typological characteristics of the game of basketball and the history of the discipline. Basketball rules and referee signals. The most important rules of the game of mini-basketball. Topic 2. Basketball skills. Mini-basketball. – 2h

Characteristics of individual activities in attack: main (shots), auxiliary (dribbling, catching and passing the ball, pivots, fakes). Exit to the ball, leaving the defender, self-liberation in individual attacks. Capacity development fitness, coordination, children and youth by participating in the game mini-basketball. Intellectual, emotional and social development of children and adolescents through participating in mini-basketball.

Topic 3. Games and fun with basketball – 2h

Fun and games with the ball in the implementation of basketball physical activities. Rules, teaching forms and methods in basketball classes.

Topic 4. How to learn lay-up shot? – 2h

Characteristics and methodology of the running "lay-up" shot from the right and left side of the basket. Various forms of games using a lay-up shots.

Topic 5. How to learn jump shot? – 2h

Characteristics and methodology of the jump shot one or two count stop. Various forms of games using jump shot one or two count stop.

Topic 6. How to learn dribble the ball? – 2h

Division and characteristics of dribbling the ball. Rules for correct dribbling the ball. Games and exercises to improve dribbling the ball. A school game improving your dribbling skills.

Topic 7. How to learn catching and passing the ball? – 2h

Division and characteristics catching and passing the ball. Rules for correct catching and passing the ball. Games and exercises to improve catching and passing the ball. A school game improving your catching and passing skills

Topic 8. Basic rules in man to man defense. – 2h

Rules of correct posture and defensive position towards the player with the ball. Ways of moving in man to man defense. Games that improve individual defense.

Topic 9. How to evaluate basketball skills? – 2h

Rating and control of movement activities in attack and defense of the participant of movement classes.

Topic 10. Learning of the basic basketball skills – 2h

A practical form of learning basketball skills.

Topic 11. How to learn cuts? – 2h

Two forms of cooperation in attack (cutting, running around, running towards the basket – teaching and development methodology

Topic 12. Small basketball games in the preparation for mini-basketball. – 2h

The role of 1x1 and 2x2 games in improving movement activities in attacking with the ball and in defense. in preparing the student to participate in mini-basketball games.

Topic 13. Self-rating and rating of basketball skills. – 2h

Familiarize yourself with the role of assessment and control and assess your directed skills (starting with the ball to dribble, slalom dribbling, running shot " lay-up ", rebounding the ball after shot and turning jump shot after one count step, etc.)

Topic 14. Various games in the preparation for basketball game. – 2h

School games, simplified, "new" that prepare students for active play and safe participation in the game of basketball.

Topic 15. Organization of the basketball game. – 2h

Preparation students for basketball training, match or tournament. Organization and execution of a basketball sports event (match, tournament). Preparation students for basketball training, match or tournament.

Summary of results obtained by students (semester pass)

Rating methods:

- Current control of student preparation considering sport suit, trainers and a whistle;
- Ending control considering acquired knowledge in theory and methodology of studied subject;
- Control considering the rules of the game and refereeing abilities;
- Self-rating and rating other students in their basketball skills.

Terms of subject graduation:

- Active participation in classes.
- Positive grade considering current control.
- Positive grade considering rules of the studied subject in basic form.
- Positive grade considering knowledge of theory and methodology of studied subject.
- Positive grade considering refereeing abilities.
- Positive grade considering basketball skills test.

Knowledge sources:

- Radu A., "Basketball: a guide to skills, techniques and tactics". The Crowood Press, 2010.
- FIBA, *Official Basketball Rules 2010*, www.fiba.com
- FIBA, *Mini Basketball Rules 2005*, www.fiba.com
- FIBA. *Official Basketball Rules 2010 - Basketball Equipment*, www.fiba.com

- FIBA, *Basketball for young players. Guidelines for coaches.*
<http://basketballforyoungplayers.fiba.com/main/>