

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*PROGRAM OF UNDERGRADUATE STUDIES*

**COURSE TITLE:**

Fieldwork in basketball
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**COURSE CODE:**

N404
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**ECTS CREDITS**

6
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**RESPONSIBLE FOR THE COURSE:**

NAME	Karipidis Alexandros		
POSITION	Assistant professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B3-5		
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CO-INSTRUCTORS	Chatzinikolaou Athanasios, Lecturer		

**SEMESTER:**

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

**COURSE TYPE:**

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

**HOURS (per week):**

2
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**DIRECTION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

Sports training theory and application	Basketball
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**SPECIALIZATION** *(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

Basketball
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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

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

The aim of this course is to meet students the work places where they are able to employ following graduation. A further aim of this course is the practical application of theoretical knowledge, which was acquired during their studies. Agencies, where students will every year perform their practice, will be basketball teams of Komotini which have pre-competitive and competitive courses.

### **COURSE CONTENTS** (*outline – titles of lectures*)

1. Practical exercise in teaching and consolidation of basketball skills in 8-12 years old children.
2. Practical exercise in teaching and consolidation of basketball skills and fundamentals in tactics in preadolescent and adolescent basketball players.
3. Practical exercise in the development of physical conditioning in preadolescent and adolescent basketball players.
4. Practical exercise in weekly training (microcycles) development in male and female adults' teams.
5. Practical exercise in skills training in male and female basketball players.
6. Practical exercise in tactical training in adult teams.
7. Practical exercise in strength training in adult male and female athletes.
8. Practical exercise in speed and agility training in adult male and female athletes.
9. Practical exercise in endurance specific training in adult male and female athletes.
10. Practical exercise in the development of training sessions in children.
11. Practical exercise in the development of training sessions in adults.
12. Practical exercise in record and manipulation of digital disc designed to scouting process.
13. Practical exercise in team guidance during the game.

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

Practical applications

### **ASSESSMENT METHOD(-S)**

1. Final progress report of training session planning for children and adult basketball players and teams (100%).

### **LEARNING OUTCOMES**

Follow the study of this course student will be able to:

1. Plan and carry out training sessions relating to basketball skills teaching.
2. Plan and carry out tactical plans.
3. Plan training session relating to the development of physical conditioning.
4. Plan and carry out training session and weekly training plans (microcycles).
5. Plan the utilization of technology in weekly training plan.

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. Will be able to plan and carry	Attendance and	Submission of	60

out basketball skills training sessions for all age groups.	participation in training sessions practice and study.	final work	
2. Will be able to plan and carry out basketball training relate to tactical skills .	Attendance and participation in training sessions practice and study.	Submission of final work	60
3. Will be able to plan and carry out training sessions for strength and conditioning development.	Attendance and participation in training sessions practice and study.	Submission of final work	30
4. Will be able to recognize the significance of the utilization of technology in training process.	Attendance and participation in training sessions practice and study.	Submission of final work	30
		<b>TOTAL</b>	<b>180</b>

#### **OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Τσίτσκας Γ., Χατζηαθανασίου Π., Λέφας Α., Γαλαζούλας Χ. (2010). Basketball. Οι τεχνικές δεξιότητες στη διδασκαλία των αναπτυξιακών ηλικιών. Εκδόσεις SALTO, Θεσσαλονίκη.
2. Τσίτσκας Γ., Λέφας Α., Γαλαζούλας Χ., Καραμουσαλίδης Γ., Θωμαΐδης Α., Δημητρίου Ν. (2010). Επίθεση-Άμυνα. Εκδόσεις SALTO, Θεσσαλονίκη.
3. Messina E. (2007). Η Καλαθοσφαίριση σήμερα. Επιμέλεια: Καρυπίδης Α. – Μαυρίδης Γ. Εκδόσεις Τελέθριον. Αθήνα
4. - Τσαμουρτζής, Ε. (2010). Κινήσεις & ασκήσεις μερικής τακτικής στην καλαθοσφαίριση. Εκδόσεις Τελέθριον. Αθήνα