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| 1. Course title: **Leading and practice of trainings III. (basketball)** | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
|  | | | | |
| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
|  | | | | |
| 8. Limit for participants: | | | | | |
|  | | | | |
| 10. Responsible teacher (faculty, institute and department):Sándor Földi | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Sándor Földi | | 25% | |
| Balázs Meszler | | 25% | |
| Contrybutory teachers, coaches | | 50% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The main object is to lead and coach basketball teams and players. To plan basketball practices and lead them. It gives an overview of the duties of basketball coaches, communication with parents and children. It also gives knowledge about technical, tactical, physical and intellectual development of basketball players. | | | | | |
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| 14. Course outline  Leading and coaching drills in basketball practices. | | | | | |
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| 15. Mid-semester works  Attending more practices is recommended. | | | | | |
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| 16. Course requirements and grading  a./Coaching in 15 practices in U16 and U18 age groups: 100%  b./15 basketball practice plans  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Bompa TO, Carrera M. Conditioning Young Athletes. Human Kinetics, 2015. 2. Cole B, Panariello R. Basketball Anatomy. Human Kinetics, 2016. 3. Santana JC. Functional Training. Human Kinetics, 2016. 4. Gambetta V. Athletic Development. Human Kinetics, 2007. 5. Bompa T, Buzzichelli CA. Periodization Training For Sports, 2015. 6. Coaches Manual – Level 1. World Associaton of Basketball Coaches, 2016. 7. Coaches Manual – Level 2. World Associaton of Basketball Coaches, 2016. 8. Coaches Manual – Level 3. World Associaton of Basketball Coaches, 2016. 9. Coaches Manual – Mini Basketball. World Associaton of Basketball Coaches, 2016. 10. Beim G, Winter R. The Female Athletes Body Book. Contemporary Books, 2003. 11. FIBA Official Basketball Rules 2014. International Basketball Federation, Switzerland, Mies,2014 | | | | | |
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| 18. Recommended texts, further readings   1. Nelson LM, Logan R. USA Basketball Youth Development Guidebook. USA Basketball, 2014. 2. Wissel H. Basketball, Steps to Success. Human Kinetics, 2012. 3. Liebermann N. Basketball for Women. Human Kinetics, 2012. 4. Krause JV, Meyer D, Meyer J. Basketball Skills & Drills, 2008. 5. Hopla D. Better Basketball Shooting. Human Kinetics, 2013. 6. Wooten M, Wooten J. Coaching Basketball Successfully. Human Kinetics, 2013. 7. Gandolfi G. The Complete Book of Offensive Basketball Drills. McGraw-Hill, 2010. 8. Paye B, Paye P. Youth Basketball Drills. Human Kinetics, 2013. 9. Rose L. Winning Basketball Fundamentals. Human Kinetics, 2013. | | | | | |
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| **Date** | 05/05/2017 | **Prepared by** | Sándor Földi | | |
| responsible teacher | | |
|  | | | | |
| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |