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| 1. Course title: **Visiting trainings I. (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):Dénes Garai | | | | | |
| **Balázs Meszler** | | | | |
| 11. Teacher(s) and percentage: | | Dénes Garai | | 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 demonstrate practical, theoratical, physical, psychological and teaching methods during basketball practices. 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  Basketball practice visiting. | | | | | |
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| 15. Mid-semester works  Attending more practices is recommended. | | | | | |
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| 16. Course requirements and grading  a./ Visit 15 practices in U12 age groups: 30%  b./ Submitted papers (2): 35%  c./ Written exam: 35%  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
|  | | | | |
| 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** | Dénes Garai | | |
| responsible teacher | | |
|  | | | | |
| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |