Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education

Subject name: BASKETBALL / OA22

Teacher/Teachers: Marko Stojnović, PhD

Subject status: Mandatory

ECTS credits: 4

Requirements: None

## Subject aim

Purpose and aim of the subject are to familiarise students with the fundamentals of basketball technique, tactics and current official game rules and to ensure they learn them so that they could apply them later in practice.

## Subject outcome

Students who successfully realise all the subject tasks will know and understand the official basketball game rules, know and understand the importance of official game rules for training and developing the basketball activities, teach basketball activities (technical and tactical elements and action units) from the aspect of application of all relevant methodical principles, know the basic individual, group and collective tactics of defence, attach and transition in basketball.

# **Subject content**

### Theory

Definition of the basic terms related to the technique, tactics and official game rules, Order of training the technical-tactical elements of basketball, History of basketball and official game rules, Basic principles in basketball (in defence and attack), Single arm shot above the head with palm behind the ball, breakthrough, feint breakthrough, Pivoting and stopping, Jumping shot, feint shot, and action units ending in a jumping shot and breakthrough, after a feint shot (pivot – jumping shot, feint breakthrough – jumping shot, feint shot – breakthrough...), Dribbling and ball leading, Connection of dribbling and ball leading with the previously acquired activities (realisation with a breakthrough or a jumping shot), Hook shot and connection with other elements, Individual defence (in situation 1:1), Technical and tactical elements necessary of players cooperation (Catching and passing, Breakthrough after catching the ball with and without dribbling, demarking, block and defence from block), Basic collective basketball tactics, Collective basketball tactics in defence (positional and transitional game); Collective basketball tactics in attack (positional and transitional game).

#### Practice

Game on two baskets, and the Basic principles in basketball (in defence and attack), Single hand shot above the head with the palm behind the ball, breakthrough, feint breakthrough, Pivoting and stopping and training the acquired activities, 4<sup>th</sup> Week – Jumping shot, feint shot, and action units ending in a jumping shot and breakthrough after a feint shot (pivot – jumping shot, feint breakthrough – jumping shot, feint shot – breakthrough...), Dribbling and ball leading, Action units ending in a jumping shot after ball leading and dribbling, Action units ending in a breakthrough after leading the balls and dribbling, Revision, Hook shot and connection with other elements, Individual defence (in situations 1:1), Practicing the activities necessary for 1:1 game, Catching and passing the ball, Catching the ball bounced off the basket and connection with the elements before the game (warm-up) and after the game (passing). Breakthrough after catching the ball with and without dribbling.

#### Literature

- 1) Karalejić, M. I Jakovljević, S. (2001): OSNOVE KOŠARKE, Fakultet sporta i fizičkog vaspitanja, Beograd.
- Vučković, I. (2011)- Košarka u nastavi fizičkog vaspitanja. Fakultet fizičkog vaspitanja i sporta, Univerzitet u Banja Luci
- 3) 3. Službena pravila košarke (FIBA), Košarkaški savez Srbije

Number of active teaching classes	Theory: 2	Practice: 2
Teaching methods		

Lectures, exercises, mid-term tests, consultations

# Knowledge assessment (maximum number of points is 100)

Pre-exam requirements	points	Final exam	points
engagement in class activities	15	written exam	30
practice	15	oral exam	
term test(s)	40		