

# M.P.E – 206 (A) GAME OF SPECIALIZATION- BASKETBALL

- Unit-1**            **COACHING PHILOSOPHY**  
1.1 Principles and objective of coaching  
1.2 Techniques of coaching- pep talk, coaching- pre match, during and post match, individual and Group coaching  
1.3 Coaching schedule – seasonal, daily, weekly, monthly yearly  
1.4 Talent identification to select the winning combination – the offense and the defense  
1.5 Team building  
1.6 Coaching lesson plan
- Unit-ii**            **COMPETITION PLANNING**  
2.1 Long – term and short – term preparation for the decisive basketball competitions  
2.2 Psychological qualities and preparation of a basketball player  
2.3 Team system and tactical training  
    ▪ offensive system in play  
    ▪ defensive system in play  
    ▪ dribbling and shooting pattern  
    ▪ individual , group and team tactics  
2.4 Diet and nutrition for a basketball player  
2.5 The coordination among the coach, doctor psychologist and the players
- Unit-iii**           **SCIENTIFIC APPLICATIONS**  
3.1 Anthropometrical and physiological considerations  
3.2 Biomechanical analysis of skills
- Unit-iv**            **TRAINING LOAD AND ADAPTATION**  
4.1 Principles of a load and adaptation  
4.2 Fatigue, recovery and super compensation  
4.3 Overload and its management
- Unit-v**            **INJURIES IN BASKETBAL**  
5.1 Ankle sprain, jammed thumb, shoulder dislocation, wrist twist, rib injuries  
5.2 Preventive and safety measures  
5.3 Rehabilitation

## **PRACTICAL**

1. Scouting for various teams
  - Direct scouting
  - Indirect scouting
2. Officiating practice
3. Assisting the physiotherapy department in a injury management

## **REFERENCES**

### **Basket ball**

- Ambler ,V., How to Play Basket Ball, Delhi : Paper Balls , 1984
- Pruitt, Iim , Play Better Basket Ball , Great Britain: Matchplan Books,1983
- Prutti, Iim , Play Better Basket Ball , Matchpaly Books ,1984
- Thani, Lokesh , Skills & Tactics of Basket Ball , ND: Sport Pub ., 1995
- Nat B.B Conditioning Coaches Association ,Nba Power Conditioning , Human Kinetics , 1997
- Jain , Naveen Play and Learn Baswket Ball, Khel Sahitya Kendra, New Delhi -2003
- Sharma O.P. Basket Ball Skills And Rules ,Khel Sahitya Kendra Delhi -2003
- Thani, Yograj , Coaching Successfully Basket Ball , Sports Publisher , Delhi-2002