



TEORIA, TECNICA E DIDATTICA DEGLI SPORT DI SQUADRA A - L

10 CFU - 2° Semester

Teaching Staff

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LEARNING OBJECTIVES

▪ THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS

The course provides the fundamentals for teaching and assess technique and tactic in team sports

▪ Football

The course aims to train instructors in football training through a new method of teaching, the integrated method of the Milan Academy.

▪ THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS

The course provides the fundamentals for teaching Rugby.

▪ Basketball

The course provides the fundamentals for teaching Basketball

COURSE STRUCTURE

▪ THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS

Theoretical lectures in the classroom with presentations in PowerPoint or Keynote

- **Football**

The teaching was given online at the disposal of the competent bodies, following the spread of Covid19.

- **THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS**

Direct execution by all students of technical - practical activities proposed by the teacher.

- **PALLAVOLO**

Direct execution by all students of technical - practical activities proposed by the teacher.

- **Basketball**

Direct execution by all students of technical - practical activities proposed by the teacher

DETAILED COURSE CONTENT

- **THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS**

Training skills of the coach. Activity planning: initial assessment, objectives, contents, styles and teaching methods. The learning of motor skills. The processing of information according to Schmidt's schema theory. Generalized motor program and motor control system. The dynamic-ecological approach. The nonlinear pedagogy. The constraint-led approach. The Teaching Games for Understanding Methodology. How to teach techniques. Facilitation strategies. The observation process in sport. Feedback. Block and random training: the contextual interference. Teaching sequence. Information and action. Reaction time and decision making. Sports technique and technical training: acquisition training and application training. Situational training. The evaluation of sports technique. Cognitive activity and player training. Technical and tactical training in sports games. Strategy and tactics in sport. Game-Centred Approach: the models. Mental processes and fake behaviors.

- **Football**

Elements of Technique, Tactics, Motor Preparation, Psychology

- **THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS**

History of Rugby in Italy and in the world

Foundamentals

Exercise design

knowledge of the game and the rules

Safety

Main and complementary rules

Goals for category

Tackle progression

Game conduction

Rugby indoor

▪ **Basketball**

The game of basketball: game features, the training of the player, the fundamentals of the game, the performance model. Ball-handling: exercises for the rapidity of the hands, exercises for the sensitivity of the fingers, preparatory exercises for the technical movements, stationary and moving exercises with or without the ball, exercises with one or two balls, exercises, individual and in pairs, ball-handling exercises. Individual fundamentals without the ball: fundamental position, change of speed, change of direction, change of direction, pivoting while running, pivoting while standing still, footwork, exercises for footwork, exercises for individual fundamentals without the ball. Stopping and starting: one-time stop, two-times stop, stopping after the dribble, stop after the reception of the ball, cross-start, the exercises for stopping and starting. The shooting: mechanics, balance, coordination, strength, the aiming point, set shots, jump shots , layups, the two-step, special moves, exercises for shooting. The dribble: fast dribble, safe dribble, change of speed, change of direction, change of front hand, crossover between the legs, crossover behind back, dribble around (turn), retreat dribble , lateral movement, feints exchange of hand, hesitation dribble, dribbling exercises. The passage: receiving and grip of the ball, passages with both hands, one-hand passing, fake pass, passing hesitation, exercises for the pass . Fundamentals of individual defense: basic position of defense, use of arms and hands, slips, changing of the guard, the periods for individual fundamental defense. Offensive one on one. Offensive 1vs1 with the ball: receiving in the help side; receiving in the ball side. Offensive 1vs1 without the ball: unmark and fit. Defensive one on one. Defensive lines: defending the dribbler; defending the player without the ball in the help side and in the ball side. Offensive collaborations. Defensive collaborations.

TEXTBOOK INFORMATION

▪ **THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS**

Bifulco V. Messina P. M.; Allenare insegnando, BasketCoach.Net, 2018.

The teacher will provide the student representative with additional notes in pdf format.

▪ **Football**

"Football as a Movement Science" Videos and images

- **THEORY AND TECHNIQUE OF TEACHING TEAM SPORTS**

Teaching materials provided by Professor

- **Basketball**

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