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BASKETBALL TRAINING PROCESS OPTIMIZATION

(BASED ON THE STRUCTURED MODEL OF FC BARCELONA)

CERTIFICATE / 100% online / 4 months

**LEARN FROM THE BEST | ENJOY A UNIQUE EDUCATIONAL EXPERIENCE |
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Until 2018, basketball had the affiliation of 450 million participants distributed in 213 national federations, divided, in turn, into 5 continental federations. This sport is widely spread in the United States and Europe, being the 2nd most played sport in Spain with almost 3 million federative licenses.

In 2000, the attack time and the time allowed to pass the midfield line were reduced from 30 to 24 seconds and from 10 to 8 seconds respectively by the International Basketball Federation (FIBA). Furthermore, the total length of the game was divided into four quarters instead of the original two halves, keeping the total 40 minutes. In this way, professional basketball suffers from an increase in physical and physiological demands, as evidenced by different studies (Ben Abdelkrim N, 2007, Bruno Cormery, et al., 2008). Hence, fitness or physical preparation is considered a requirement to compete in modern elite basketball (Sallet P, et al. 2005). Furthermore, understanding the effect of workload outcomes on sports performance and injury prevention is considered crucial for strength and fitness trainers, sports scientists, and sports medicine.

Collective sports in general, and basketball in particular, have based their physical training on the training theory used for individual sports, particularly athletics, so they require a new approach which adapts to their own characteristics and needs. Furthermore, technological advances have provided new tools for physical trainers, sports scientists and coaches, allowing, among other things, the control and assessment of the workload produced by training sessions and/or competitions. Hence, it is necessary to know this new approach, based on holistic physical training, to apply it to modern basketball with the main objective of optimizing performance and preventing injuries.

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EXPERT ADVISOR



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- **DELIVERY MODE ONLINE**
- **DURATION 4 MONTHS**
- **ACADEMIC DEGREE EXECUTIVE EDUCATION**
- **DELIVERED IN ENGLISH AND SPANISH**



OBJECTIVES

Designing training sessions in the structured microcycle based on the physical demands of competition to guide the training process towards optimizing performance and preventing injuries in basketball through a new approach.

AIMED AT

- All those people related to basketball or small-field team sports, mainly physical trainers, sports scientists, coaches and sports doctors who seek to broaden the traditional vision of physical preparation in basketball. We start from a holistic approach of the basketball player and the knowledge of the physical demands the player puts up with during the competition to design training sessions

LEARN TO

- Analyse how physical demands condition basketball practice
- Analyse basketball physical and technical-tactical demands
- Know the theoretical framework of the new training approach
- Design training sessions in the structured microcycle

COURSES

COURSE 1: PHYSICAL DEMANDS AND INJURY RISKS IN TEAM SPORTS

MODULE 1: Physical demands in team sports

MODULE 2: Application of microtechnology to optimise performance in team sports

MODULE 3: Application of microtechnology to prevent injuries in team sports

MODULE 4: Application of inertial systems in different tests in team sports

COURSE 2: BASKETBALL PHYSICAL DEMANDS DURING COMPETITION

MODULE 1: Basketball physical and tactical demands. From videos to local positioning systems

MODULE 2: Application of inertial systems to quantify and interpret physical demands in basketball

MODULE 3: Application of positioning systems (global and local) to quantify and interpret physical demands in basketball

MODULE 4: Most frequent injuries (types and mechanisms) in basketball and maximum demand scenarios in basketball

COURSE 3: BASKETBALL TRAINING FROM FC BARCELONA'S PERSPECTIVE: THEORETICAL APPROACH

MODULE 1: Structured training

MODULE 2: Coadjuvant training

MODULE 3: Optimising training

MODEL 4: Structured microcycle

COURSE 4: BASKETBALL TRAINING PROPOSAL FROM THE PERSPECTIVE OF FC BARCELONA

MODULE 1: Practical application of the previously worked contents to optimize performance and prevent injuries, prioritising conditional structure

EXPERIENCE

All your learning experience will take place in an online platform where you will find all the resources you need to study:

LECTURES

which address the main topics.

VIDEOS

that deepen some subjects of the readings.

ACTIVITIES

to apply the content addressed in each module.

RUBRICS

that will evaluate you in each module.

ONLINE EXPERT

In every course, you will have the support and virtual follow-up of a subject-matter expert. This online expert will perform interventions throughout the different modules to ensure your learning, as well as the interaction with the rest of your peers.

In addition, he will be available in the forum and by internal messaging so that you can appeal to him as many times as you need.

FORUMS

where you can interact with your colleagues.

SELF-ASSESSMENTS

which will help you measure your learning progress.



BENEFITS

- **World-class content, designed by experts and sports-industry oriented for an immediate impact.**
- **Round-the-clock access to study material, wherever you want and from any device.**
- **Custom feedback for every individual and teamwork activity.**
- **Spaces of discussion and interaction with industry professionals from all over the world.**
- **Certificate of participation for each course, issued by Barça Innovation Hub - Universitas. If you pass each of the courses that make up the program, and complete and pass the comprehensive final exam, you will also receive a verified certificate of completion for the entire program, with confirmation of identity, issued by Barça Innovation Hub - Universitas.**



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sports professionals**