

Sport Games 1. (Volleyball and Basketball) (2 ECTS)

Oktatás célja

Aim of the subject

The course is designed for volleyball and basketball theoretical and practical knowledge of the rules. To learn technical and tactical movement material in practice the two sports.

Acquired competencies

Knowledge:

- familiar with the concepts of basketball and volleyball matches
- aware of the rules of basketball and volleyball and track equipment
- learns the rules on competition teams
- know the main shock, can be applied to game situations
- has knowledge on the regulation of two sports game

Attitude:

- open to learn and gain experience toward
- seek to work with the instructor for basketball and volleyball sports learning

Abilities:

- in addition to the offenses capable theoretical knowledge, they also recognize the practical
- has sufficient knowledge in order to be able to follow knowledge of the errors in practice
- keep in mind the general provisions and recognizes the referee's arm signals
- basketball stops, the start after throwing kind of knowledge into practice, they are able to apply match situations

Tantárgy tartalma

Major topics

Rules: The game (definition), track and equipment, troops.

Rules: offenses.

Rules: mistakes.

Rules: General provisions, referee arms signals.

Basketball

Exercise balls skill development, ball guides, the start - stops a ball, throw the ball after driving invested in the use of coordinating ladders. Knowledge soil types of shoring shots, skill acquisition level.

Exercise: changes the direction of the ball while driving, transfers, invested in short-throw after the departure of both sides, knocking down game. Dribbling carried out without the ball and ball.

Practice: individual, and team defense, throwing exercises, learned the application match situation.

Exercise: Exercise for presentation tasks, number of dominant positions, against the invasion of disorderly protection, the use of learned at match. Fast starts, exercise invasion.

Volleyball

Volleyball base touching with your education forearms touch.

Volleyball-game use of forearms touch.

Cart-contact teaching volleyball.

The use of touch-basket game situation.
Teaching opening the top and bottom line.
The use of motion elements learned during the game.

Planned teaching methods

Lectures, practical demonstration, practical application of the learned.

Számonkérési és értékelési rendszere

Requirements and evaluation:

- active participation in class
- answering rules questions
- implementation of issued tasks proper technique
- visit matches

method of assessment: *practical mark*

The evaluation criteria:

- knowledge of the rules
- technical accuracy requirements described tasks
- the level of active participation in classes
- implementation of the match applying the learned movements

Irodalom

Compulsory literature

- MKOSZ: Nemzetközi kosárlabda szabályok – jelenleg MKOSZ (2016) Magyar Kosárlabda Versenyszabályok. online:
http://img.hunbasket.webpont.com/art/orig/24304_Magyar_kosarlabda_versenyszabalyok_2016_02_23_approved_signed.pdf
- MRSZ: Nemzetközi röplabda szabályok – jelenleg MRSZ (2013) A röplabdázás hivatalos játékszabályai 2013-2016. online:
http://archiv.hunvolley.hu/sites/default/files/documents/hivatalos_teremroplabda_jatekszabaly_2013-2016_mrsz_magyar.pdf
- MRSZ (2016) „Vollé! 2020 – Röpsuli” Játékszabályok 2016-2017. online:
http://hunvolley.hu/images/dokumentumok/2016/ROpsuli_jatekszabalyok_2016_2017.pdf