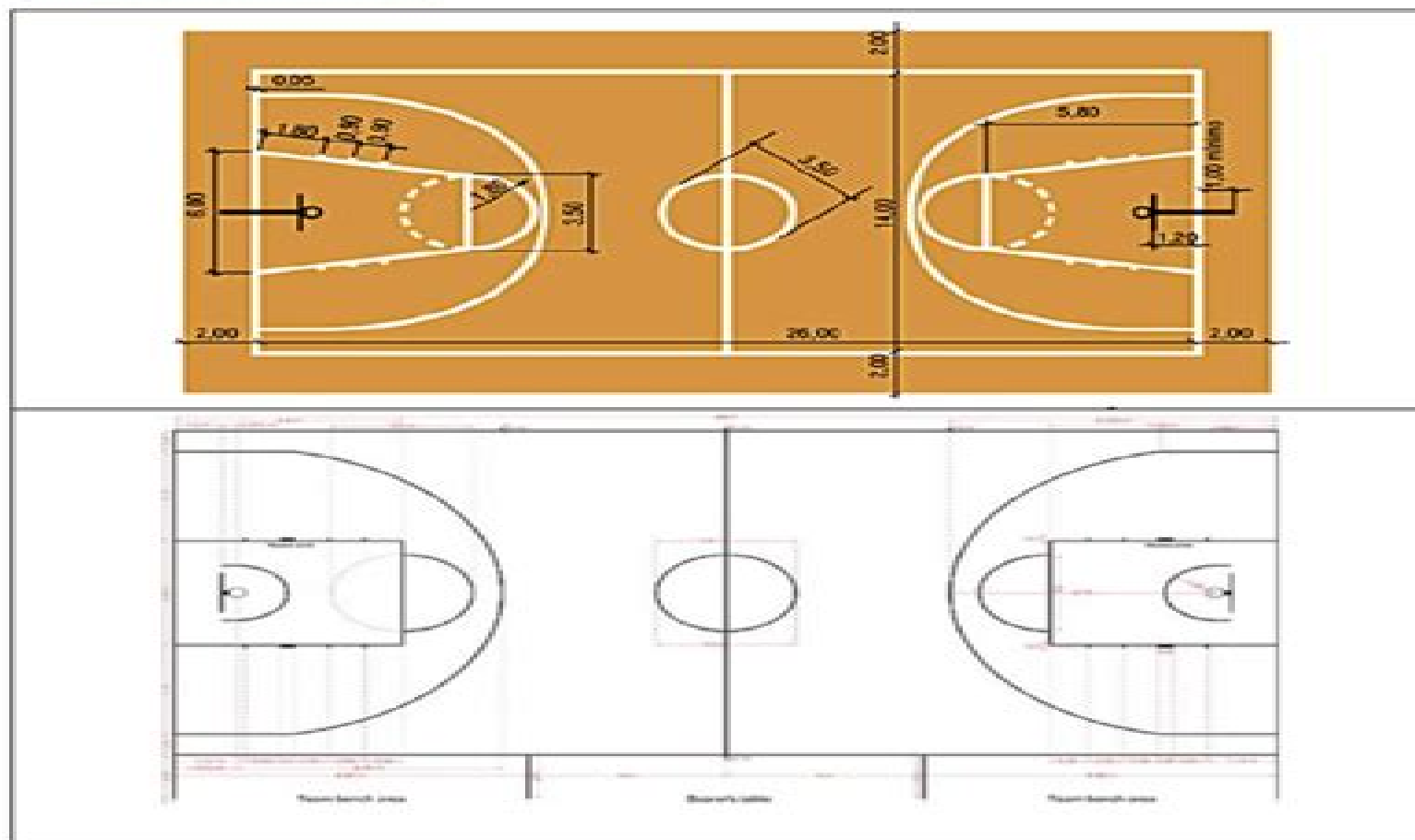


REGLAMENTO DE BALONCESTO

1. DEFINICIÓN

El baloncesto lo juegan dos equipos de 5 jugadores cada uno. El objetivo de cada equipo es introducir el balón dentro de la canasta del equipo adversario e impedir que el equipo adversario se apodere del balón o enceste. El equipo que al final del tiempo de juego obtenga mayor número de puntos será el ganador del partido.

2. TERRENO DE JUEGO



Reglamento De Baloncesto

Julio Tous Fajardo



Reglamento De Baloncesto:

Reglamento de baloncesto comentado Julio Tous Fajardo,1999 Este libro totalmente actualizado incluye los cambios correspondientes al periodo 1998 2002 Tambien incluye el reglamento de otros tipos de baloncesto **El baloncesto educativo** Javier Pinilla Arbex,2020-01-10 El baloncesto educativo es una obra del profesor Dr Javier Pinilla que trata de resumir los aspectos fundamentales de la didctica del baloncesto aplicado a la iniciaci n as como a las etapas de educaci n primaria y secundaria Por una parte trata de recoger los fundamentos tcnico tcticos y reglamentarios indispensables para que de una forma clara y concisa cualquier docente sin experiencia en baloncesto o con bajo conocimiento del deporte pueda abordar con xito la didctica de este deporte Acompa ado a la explicaci n de dichos aspectos se tratan de ofrecer algunas orientaciones metodol gicas y didcticas a tener en cuenta para que los docentes puedan incluirlas en sus unidades didcticas Esta obra se desarrolla en el seno de la Universidad Pontificia de Comillas como material para la docencia en el doble grado de ciencias de la actividad f sica y del deporte y el grado de maestro en educaci n primaria **BALONCESTO. Aprender y progresar** Hal Wissel,2008-02-26 El baloncesto es nico porque no es s lo un juego de equipo sino tambi n individual Mejorar la tcnica de uno mismo como jugador supone una ayuda para el equipo Este libro sirve de gu a a profesores y entrenadores as como a padres que deseen iniciar a sus hijos m s j venes en este deporte Pero ante todo ha sido escrito para los jugadores puesto que son ellos los que continuamente buscan formas de mejorar su juego Est dividido en diez pasos juego de piernas defensivo y ofensivo lanzar pasar y recoger driblar rebotar movimientos ofensivos jugadas de dos y tres jugadores contraataque ataque en equipo y defensa en equipo que le explican por qu cada concepto o habilidad es importante le identifican las claves de cada tcnico le ayudaran a corregir errores frecuentes le explican c mo practicar cada habilidad de forma realista le hacen una lista de las finalidades espec ficas del rendimiento para cada ejercicio y le permiten avanzar al ritmo de cada uno Diversos entrenadores y analistas deportivos coinciden en afirmar que el autor Hall Wissel comparte las tcnicas personalizadas que domina con este libro demuestra al mundo por qu est reconocido como uno de los m ximos expertos del baloncesto americano Hall Wissel es un rbitro arquitecto del baloncesto Baloncesto Aprender y progresar contiene las nuevas tendencias y ejercicios que se necesitan para dominar los fundamentos que mejorar n el juego de conjunto *Reglamento de Baloncesto* Tucídides Perea Rosero,Tucidides Perea,2003 El car cter aficionado de este deporte olimpico est reglamentado por la Federaci n Internacional de Baloncesto Aficionado FIBA cuerpo normativo que transcribimos muy gustosamente para deleite de practicantes jueces estudiantes y p blico en general **Educación física y deportes para el alumno de la escuela secundaria** Neil J. Dougherty,1991-10 La intenci n de la National Association for Sport and Physical Education estadounidense es que este libro sirva de ayuda tanto al alumno como a los profesores de Educaci n f sica y a los padres de los alumnos para la selecci n y desarrollo de un programa bien equilibrado de actividades que la juventud actual pueda valorar positivamente a lo largo de toda su vida **Baloncesto** Rodrigo Costoya Santos,2002 Presenta una gu a

metodológica para el entrenador de baloncesto Establece las pautas de actuación desde que llega a hacerse cargo de un equipo hasta las competiciones que tenga que afrontar Su propósito es facilitar que el entrenador logre conseguir el máximo rendimiento de cada uno de los jugadores y del equipo como la suma de ellos Aporta pautas sobre cómo conocer a sus jugadores el diseño de ejercicios la planificación Muestra un itinerario de las intervenciones del entrenador que es aplicable tanto para el minibasket como para el equipo de más alto rendimiento *Educación Física ESO 4. Libro de texto del alumno (color)* Vicente Martínez de Haro, 2005-04-11 BLOQUE 1 Condición física y salud El calentamiento específico Capacidades físicas y salud Acondicionamiento de fuerza resistencia La postura corporal Fuerza y salud Plan de trabajo de resistencia aeróbica y flexibilidad BLOQUE 2 Habilidades específicas 1 Habilidades deportivas Deporte colectivo Actividades deportivas alternativas Planificación y organización de campeonatos deportivos 2 En el medio natural Aspectos generales a considerar en la organización de actividades en el medio natural Orientación Relación entre la actividad física la salud y el medio natural Toma de conciencia del impacto que tienen algunas actividades físico deportivas en el medio natural 3 Ritmo y expresión 89

Bases fisiológicas del ejercicio (Bicolor) Nelio Eduardo Bazán, 2023-11-30 Bases fisiológicas del ejercicio proporciona información actualizada desde la perspectiva de la práctica en las ciencias aplicadas al deporte El lector se adentrará en la actividad física desde el estudio pormenorizado de la fisiología y comprender las adaptaciones morfológicas y funcionales que el cuerpo realiza cuando hace ejercicio Obra de referencia escrita por especialistas en cada una de las materias tratadas Entre otros temas cabe destacar El metabolismo energético clave para poseer bases científicas para sustentar el razonamiento fisiológico Los aspectos endocrinológicos como base para entender y aprovechar la fisiología a favor del entrenamiento Las actualizaciones en los aspectos nutricionales Los nuevos conceptos de hidratación transportadores de solutos prehidratación y rehidratación La actividad física en enfermos cardiovasculares obesos y diabéticos La actividad física en la tercera edad La fisiología de las valoraciones y cómo sacar el máximo partido de ellas **Educación Física de calidad** Rebeca Piñeiro Mosquera, 2010-11-25 El currículo de la Educación Física en la ESO y Bachillerato Desarrollo de las unidades didácticas UD para 1 de ESO Condición física baloncesto deportes alternativos habilidades gimnásticas expresión corporal actividades en el medio natural tirolina BTT senderismo y esquí bdminton atletismo carreras y marcha acrosport y actividades con patines UD para 2 de ESO Condición física voleibol expresión corporal juegos y deportes tradicionales actividades en el medio natural acampada y escalada bdminton atletismo vallas balonmano y capoeira UD para 3 de ESO Condición física baloncesto deportes alternativos habilidades coordinativas hockey sala judo palas esgrima atletismo saltos vamos a bailar orientación UD para 4 de ESO Condición física balonmano pilates y aeróbico rugby habilidades gimnásticas unihockey o floorball atletismo lanzamientos acrosport deportes del mundo y danzas urbanas UD para 1 de Bachillerato Condición física fútbol deportes alternativos deportes de raqueta ajedrez deporte adaptado voleibol bdminton hockey sala actividades académicas APARTADO CONCEPTUAL Trabajos de búsqueda de información Trabajos por evaluación y exámenes

globales Recursos del profesorado Bibliografía Anexos 565 Juegos y tareas de iniciación deportiva adaptada a las personas con discapacidad Mercedes Ríos Hernández, 2023-11-30 Este libro ofrece en un solo volumen las modalidades deportivas más habituales sin dejar de lado las actividades en la naturaleza adaptadas para las personas con discapacidad El lector encontrará una amplia variedad de recursos desarrollados por especialistas de cada disciplina para la iniciación deportiva tanto en un entorno inclusivo como en un grupo formado exclusivamente por personas con discapacidad Los contenidos están agrupados en función de las discapacidades físicas visuales e intelectuales teniendo presente tanto las modalidades deportivas convencionales adaptadas como las modalidades deportivas específicas de cada discapacidad ofreciendo así un amplio catálogo de actividades que serán útiles en diversos entornos Esta obra es una herramienta de gran valor para el día a día de los educadores técnicos deportivos y demás personas vinculadas con la educación física y el deporte

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