



SPORT ELECTIVE COURSES

Subject:	Basketball 002
Code - CRN:	10969
University program level:	Undergraduate
Course:	Selected
Credits:	Three (3)
Semester	Spring 2012
Timeline of course:	17th of January– 14th of April
Days and time:	Tuesday 3:00 pm - 4:30 pm and Friday at 3:00 pm - 4:30 pm
Office Hours :	Tuesday 4:30 -6:00 pm
Practice sessions	Indoor Gym
Teacher	Nicolina Kouzi kouzi@ucy.ac.cy , nkouzi@hotmail.com
E-mail:	
Tel.:	99615634

Course Description: Includes the instruction of fundamental and basic skills and tactics which each player can use for further development in the game of basketball. Areas covered include passing, ball handling, individual offense, individual defense, rebounding, screening team offense, team defense and fast break. The course enables students to compete in the game of Basketball. The course also enables students to advance their understanding of each knowledge and appreciation for the game. It emphasizes skill development and teamwork. Students are assessed and evaluated in game situations, individual and group skills. The evaluation is as follows: 60% practical and 40% written.

1. Introduction in Basketball-History

2. Basketball Rules:

2.1 The Game of Basketball

2.2 The Court-Dimensions

2.3 The Ball

2.4 Equipment

2.5 The Teams

2.6 Players, Substitutes and Coaches

2.7 Officials and their duties

2.8 Out of bounds and throw-in

2.9 Fouls, violations, penalties

2.10 Scoring and Timing

3. Players positions and roles: point guard, guard, small forward, power forward, centre (1-5)

4. Individual offensive and defensive technique:

4.1 Basic positions-Triple threat

4.2 Moves without the ball-Footwork : pivot, jump stop, stride stop, change of direction and change of pace, starts, jumps, rebound, defensive slide, running in basketball

4.3 Passes: chest pass, bounce pass, overhead pass, baseball pass, one hand pass, side pass behind the back pass drop pass, hand off pass e.t.c Receiving the ball

- 4.4 Dribbling- Dominant hand non-dominant hand, alternating hands, change of direction and pace with the ball. Types of dribbleThe low dribble and the speed dribble
- 4.5 Variations of Dribbles: change of pace dribble, crossover dribble, between the legs dribble, reverse dribble, behind the back dribble
- 4.6 Shooting: lay-up, static standing shot, Jump shot, Freethrow shot, Jump hook,Hook shot.
- 4.7 Fakes-Moves
- 4.8 Defense: Defense close to the basket, away from the basket (against guards and fowards) Strong side-Weak side

5. Offensive plays with 2 and more players:

- 5.1 How to get open from your opponent(back door, v-cut)
- 5.2 Fowards-Guards getting open from their opponents
- 5.3 Give and go-Screening and Rolling (diving in) to the basket.

6. Defensive plays with 2 or more players

- 6.1 Give and Go, the pick and Roll 1 on 1 , 2 on 2, 3 on the 3 , 4 on 4 and 5 on 5
- 6.2 Defending the screens and passes
- 6.3 Boxing out and Rebounding (offensive-defensive)

7. Offensive team strategies and tactics:

- 7.1 Fast Break
- 7.2 Passing game – Motion offense
- 7.3 Special situation plays
 - 7.3.1 Jumpball
 - 7.3.2 Inbound plays
 - 7.3.3 Sideline plays
 - 7.3.4 Zone Offense
 - 7.3.5 Zone press offense
 - 7.3.6 Man to man press offense

8. Defensive team strategies and tactics:

9. Man to man half court defense

9.1 Man to man full court press defense

9.2 Zone defense 1-2-2, 2-1-2.

9.3 Trapping defenses

10. Types of warm up

Goals(aims):

Goals

Psychomotor:

- ◆ Students will be able to demonstrate a variety of movement sequences and demonstrate expressive forms of movement through the game of basketball.
- ◆ Students will be able to develop and improve their personal physical fitness including muscular strength and endurance, flexibility and cardiovascular endurance through the game of basketball
- ◆ Students will be able to develop the skills to live a physically active life.

Cognitive:

- ◆ Students will be able to demonstrate understanding of the main fitness and basketball principles.
- ◆ Students will be able to gain the knowledge and understanding of facts, concepts and strategies of the game of basketball that will be introduced.
- ◆ Students will be able to apply the knowledge and information they have learned and apply it to unfamiliar situations.
- ◆ Students will be able to analyze and judge a certain motor skill or movement during a drill or game.

Affective:

- ◆ Students will be able to manage and control their emotions as they arise during activities in physical education and sports.
- ◆ Students will be able to develop good moral behavior, respect and care for others.
- ◆ Students will be able to apply the values they have developed and react socially in a positive way.

- ◆ Students will be able to develop leadership, responsibility, teamwork, sportsmanship and cooperation in order to appropriately handle problems that arise in a game.

Lesson layout:

- Practical application in the indoor gym
- Theoretical lessons in the classroom B212 with the use of audiovisual media.

Requirements of the lesson:

- Athletic equipment: athletic sports clothes and shoes
- Towel and water if needed.
- Exercise certificate that you are healthy and can participate in the lesson
- Your attendance is obligatory

Grading Rubric:

- Discipline-General attitude-teamwork personal social responsibility-fairplay(affective Domain) = 20%
- Attendance/ practical participation= 20% (psychomotor domain)
- Motor skill evaluation= 20%
- Final written examination 40% (Understanding/Knowledge of tactics and rules(cognitive domain))

References

Obligatory:

1. Readings-notes by the teacher

Optional:

Tsiskaris, G. & Cahtsiathanasiou P(2002). *Basketball basic individual fundamentals. Offense and Defense*. Publisher :Salto

Bradley, B. (1998). *Values of the game*. Broadway Books New York.

Tsiskaris, G., Chatziathanasioy P. Lefas A., & Galazoulas X. (2010). *Basketball skills and teaching young ages. Publisher: salto*

Tsiskaris .G., Lefas. A. Galazoulas Ch. (2010) *Basketball, rules of the game, definitions. Publisher: Salto*

Tsiskaris. G., Lefas. A., Galazoulas Ch, Karamousalides G., Thomaidas A., & Demetriou. N.(2010). *Basketball, Teaching tactics in the younger ages. Publisher:Salto*

Websites

www.basketball.org.cy

Cyprus Basketball Federation

www.eurobasket.com

European Basketball Federation

<http://www.fiba.com>

World Basketball Association
