

## MACOPIN MIDDLE SCHOOL

### SYLLABUS

#### I. COURSE TITLE:

Basketball

#### II. BASIC TEXTBOOK:

Not Applicable

#### III. COURSE DESCRIPTION:

This course is designed to reinforce and further develop the rudiments of basketball as a team activity and to improve the techniques and skills necessary for successful participation. In addition, concomitant learning such as respect for others, sportsmanship, respect for rules, and proper competitive attitude are exemplified.

#### IV. COURSE OBJECTIVES:

Upon successful completion of the requirements for this course, the student should be able to demonstrate a proficiency in the skills and areas indicated below:

- A. A knowledge of the history, rules, and strategy of basketball for men and women.
- B. The fundamental skills and techniques which would be of particular value to basketball players in physical education classes, recreational activity, and interscholastic sports.
- C. An appreciation of the game for both players and spectators with special emphasis upon team play and sportsmanship.
- D. The fundamental offensive and defensive strategies which are of particular value in playing interscholastic and recreational basketball.
- E. An appreciation of the activity as related to self-awareness, interpersonal relationships, and decision making.
- F. An appreciation of the career implications of the subject matter and its implication for leisure preferences.
- G. Engaging in a variety of sustained, vigorous physical activities to enhance each component of fitness.

#### V. COURSE CONTENT OUTLINE:

- A. Origin and Development (History)
- B. Techniques and Fundamentals
- C. Offense
  1. Emphasis is placed on attacking a man-to-man and zone defense.
  2. There are two basic types of offensive attacks
    - a. The slow deliberate attack
    - b. The fastbreak attack
- D. Defense
  1. Defensive positioning: Emphasis is stressed on how to set up a certain defense.
  2. Zone defense and man-to-man defense
- E. Basic Rules:
  1. Players
    - a. Five players per team on the floor at a time with unlimited substitutions.
    - b. Usually players fill the standard positions of two forwards, two guards, and one center.
    - c. The names of these may be changed depending on the offense played.
  2. Scoring
  3. Timeouts - are one minute or 30 seconds in length and can be requested during a dead ball or anytime by the team in possession of the ball.
  4. Timing
  5. Equipment and facilities - rules about equipment, playing court, baskets, etc. will be stressed.
  6. Importance of timing and scoring will be discussed.
  7. All playing rules will be explained.

8. Fouls - personal, team, technical, flagrant fouls will be emphasized.
- F. Terminology: Terms most widely used in basketball such as back court, charging, free throw, jump ball, pivot, traveling, violation, goal tending, and front court will be emphasized.
  1. Baseline - the endline
  2. Blocking out - a term used to designate a defensive player's position under the backboard which prevents an offensive player from achieving good rebounding position
  3. Charging - personal contact against the body of an opponent by a player with the ball
  4. Cut - a quick offensive move by a player trying to get free for a pass
  5. Denial defense - aggressive individual defense where the defensive player works hard to keep the offensive player from receiving a pass
  6. Double dribble - when one person dribbles, stops and picks up the ball and starts to dribble again or dribble with two hands simultaneously
  7. Dribble - process of bringing the ball down the floor or moving the ball from place to place using the finger pads to tap the ball
  8. Drive - an aggressive move toward the basket by a player with the ball
  9. Fastbreak - moving the ball quickly down court in order to score before the defense can set up
  10. Field goal - a basket scored from the field, worth two points, unless outside the three-point line
  11. Lay-up - a shot where a player releases the ball close to the basket while continuing to run off one foot.
  12. Pick - a special type of screen where a player stands so the defensive player slides to make contact, freeing an offensive teammate for a shot or a drive
  13. Pivot - takes place when a player who is holding the ball steps once or more than once in any direction with the same foot. The other foot, called the pivot foot, being kept at its point of contact with the floor
  14. Press - a team's attempt to take the ball away from their opponent before they can set up their offense
  15. Rebound - when a shot bounces off the backboard or basket and is pulled down by a player
  16. Front court - the part of the court containing a team's own basket
  17. Telegraphing the pass - indicating where you are going to pass by looking or signaling
  18. Throw-in - a method of putting the ball in play from out of bounds

#### VI. STUDENT PERFORMANCES:

- A. Evaluation Activities - Students will demonstrate acquired learning skills through participation in:
  1. Basic skill drills
  2. Intrasquad games
  3. Skill contests
  4. Written tests
  5. Professional observation by the teacher
- B. Grade Development - Students will be graded upon level of development:
  1. Evaluating individuals pre and post levels of skill by demonstration through the evaluation activities - 20%
  2. Level of participation including daily attendance in class and daily preparedness for class - 60%
  3. Scores on written tests, quizzes - 20%