

PHED 38B: BASKETBALL GAME SKILLS

Foothill College Course Outline of Record

| Heading | Value |
|------------------------------------|------------------------------------------------------------------------|
| Units: | 1 |
| Hours: | 3 laboratory per week (36 total per quarter) |
| Advisory: | This course is included in the Team Sports family of activity courses. |
| Degree & Credit Status: | Degree-Applicable Credit Course |
| Foothill GE: | Area VII: Lifelong Learning |
| Transferable: | CSU/UC |
| Grade Type: | Letter Grade (Request for Pass/No Pass) |
| Repeatability: | Not Repeatable |

Student Learning Outcomes

- Perform basketball game skills in game play appropriate for intramural competition.

Description

Intermediate skills and techniques of the sport of basketball. Includes offensive and defensive foundations, unique situations in game play, personal strategies and core concepts for winning in basketball game play.

Course Objectives

The student will be able to:

- Gain experience in team offensive foundations
- Gain experience in team defensive foundations
- Understand team rules and game concepts
- Understand unique situations in basketball games
- Understand personnel strategy to play with an advantage
- Demonstrate and understand core concepts of winning in basketball
- Understand how to create practice habits and designs related to game play

Course Content

- Team offensive foundations for game play
 - Alignments
 - Spacing
 - Screening
 - Shooting
 - Rebounding
- Team defensive foundations for game play
 - On-ball principles
 - Off-ball principles
 - Man defense
 - Zone defense
 - Rebounding
- Team rules and game concepts
 - Review all basic game rules
 - Violations
 - Fouls
 - Decorum

- Periods of play
 - Time variances
- Unique situations in basketball games
 - Jump balls
 - Out-of-bounds plays
 - Early offense/fast break
 - Free throws
 - Presses and press break
 - End-of-clock sets and strategies
- Personnel strategy to play with an advantage in games
 - Isolation basketball
 - Match-ups to find an advantage
 - Playing to team strengths
 - Disruption of an opponent
- Core concepts of winning basketball games
 - Ball security
 - Transition defense
 - Rebounding
 - Disruption
 - Advantage play
 - Clock management
 - Turn-over battle
 - Team attitude
 - Designing practices and practice habits to become a game player
 - Linking drills to team play
 - Designing drills that resemble game play
 - Intensity
 - Promoting toughness
 - Promoting togetherness
 - Understanding what your unique team needs to do to win

Lab Content

- Basketball game play, including:
 - offensive and defensive formations
 - fundamental skills—dribbling, passing, shooting

Special Facilities and/or Equipment

Gymnasium.

Method(s) of Evaluation

- Skills tests.
- Attendance and participation.
- Written rules test.
- Written scouting reports and game plans.

Method(s) of Instruction

Cooperative learning exercises, laboratory, demonstration.

Representative Text(s) and Other Materials

Stuckey, Rachael. *Full Court Press: Basketball Skills and Drills*. Crabtree Publishing Company, 2015.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Recommend local basketball leagues and tournaments. Optional reading and writing assignments as determined by instructor.

Discipline(s)

Physical Education