

**YORK UNIVERSITY**  
**FACULTY OF HEALTH**  
**SCHOOL OF KINESIOLOGY & HEALTH SCIENCE**

**Course:** PKIN 0302

**Term:** WINTER 2015

**Prerequisite/Co-requisite:** None

**Course Instructor:** Ron Burrows  
324 Stong College  
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**Time and Location:** Monday and Wednesday, 12:30-1:30 PM (TM Main Gym)

**Expanded Course Description**

1. The student will be exposed to the fundamental basketball skills listed in the course outline.
2. The student will perform these basketball skills with a level of skill and proficiency.
3. The student will be able to describe the important teaching points related to specific basketball skills.
4. The student will be able to describe the common basketball terms.
5. The student will apply the skills in scrimmage situations.

**COURSE OUTLINE:**

1. MOVEMENT FUNDAMENTALS
  - a) Body balance and control
  - b) Quick stance
  - c) Quick starts, steps, turns & stops
  - d) Quick steps
2. INDIVIDUAL OFFENSIVE FUNDAMENTALS
  - a) PASSING
    - Two hand chest pass
    - Two hand bounce pass
    - Two hand overhead pass
    - Baseball pass + lead pass
    - Step-around pass
    - Passing against pressure (footwork, faking)
  - b) CATCHING/RECEIVING
    - Getting in triple threat
    - Hoping into pass
    - Stepping into pass

c) DRIBBLING

- Mechanics of dribbling
- Control dribble
- Speed dribble
- Change of pace
- Change of direction
- Crossover dribble moves
- Crab dribble

d) SHOOTING/OFF-BALL

- Lay up and Euro-step
- Set shot
- Jump shot
- Jump shot on the move
- Shot moves
- Foul shot
- Basic moves/steps without the ball
  - V-Cuts
  - Front & rear cuts
  - Screening on & off the ball

e) OFFENSIVE/DEFENSIVE REBOUNDING

f) ONE ON ONE SKILLS

- Triple threat
- Jab step series
- Dribble moves
- Moves to get open

3. INDIVIDUAL DEFENSIVE FUNDAMENTALS

a) BODY POSITIONING

- Stance
- Footwork
- Defense on the ball
- Defense off the ball
- Close outs

b) REBOUNDING

- Positioning/blocking out
- Securing the ball/getting possession
- Clearing the ball/outlets

4. BASIC OFFENSIVE TEAM PLAY
  - a) TWO PLAYER
    - Back door
    - Give and go
    - On ball screens
      - Screen and roll
      - Screen and flare
  - b) THREE PLAYER
    - Screen away
    - Pass, cut and fill/replace
  - c) FOUR PLAYER
  - d) FIVE PLAYER GAME
    - Space awareness
    - Floor balance
    - Ball movement
    - Types of screen
      - Cross screen
      - Back screen
      - Stagger screen
  - e) BASIC ZONE OFFENSE
  - f) TRANSITION OFFENSE – SECONDARY BREAK
5. BASIC DEFENSIVE TEAM PLAY
  - a) MAN-TO-MAN DEFENSE
    - Contain defense
    - On & off ball
    - Pack line
  - b) ZONE DEFENSE
    - Different types (ie. 1-3-1, 2-3, 3-2, etc.)

### **Course Text/Readings**

#### **Basketball: Skills and Tactics – by Bob Bain**

### **Evaluation**

70% PRACTICAL

- Individual skills evaluation
- Team play evaluation
- Subjective evaluation

30% TAKE HOME ASIGNMENT

The student must pass both areas and receive a cumulative grade of 60% (C) or better, in order to pass the course.