

York University
FACULTY OF HEALTH
SCHOOL OF KINESIOLOGY & HEALTH SCIENCE

HH/PKIN 0303 – Women’s Basketball 1
Course Outline – Winter

Instructor: *Erin McAleenan*

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Office: Room 320 Stong

Meeting with the Instructor: *contact via email*

Communication: When sending an email to the instructor the Course Number *PKIN 0303* should be in the subject field.

Schedule: *Tuesday/Thursday 10:30-11:30am*

Location: *Upper Gym*

Pre-requisite: *None*

Required Course Materials: *None*

Recommended Course Materials:

FIBA Hoops Coach website: <http://www.fiba.com/pages/eng/cl/p/index.html>

Coaches’ clipboard: <http://www.coachesclipboard.net/>

Recording of Lectures:

Students are permitted to manually record information in lectures, labs, seminars, etc. in the form of note-taking for personal use. Any other form of recording (such as audio or video) is allowed only with the prior written consent of the instructor, or if recording is part of an approved accommodation plan.

Course Description:

PKIN 0303 is an introductory level course designed to offer an introduction to the fundamental individual and team skills of basketball as well as an introduction to coaching basketball. The acquisition and understanding of these skills will be presented primarily through activity sessions and will be evaluated through physical performance and written assessments. A further focus will be the development of an understanding and application of basic strategies and rules.

Course Objectives:

1. To introduce students to the basic individual basketball skills and team play strategies.
2. To provide opportunities for supervised skill attainment and practice.
3. To introduce students to both practical and theoretical aspects of teaching/coaching basketball.
4. To provide opportunities for students to demonstrate understanding and competence through examinations and physical performance assessments.
5. To promote participation in physical activity in a positive and challenging learning environment.

Course Evaluation and Grading:

1. Practical Assessment – 45%

The following skills covered in class will be assessed:

- A) **Passing – 5%** - 20 passes, 1 trial, **February 5, 2019**. Each student will perform 5 bounce passes, 5 chest passes, 5 push passes, and 5 overhead skip passes. The passing form and effectiveness will be assessed, which is based on the instructions covered in class.
- B) **Right and Left-handed lay-ups – 10%** - 10 lay-ups (each side), 1 trial, **February 12, 2019**. Each student will perform right and left-handed lay-ups starting from the 3-point line. The form and technique will be assessed, as well as the baskets scored. The criteria for the technique will be based on the instructions covered in class.
- C) **Shooting Form – 10%** - 10 shots, 1 trial, **March 5, 2019**. Each student will perform 10 shots from a spot, outside of 6 feet from the rim, of their choice. The shooting form will be assessed, and the criteria will be based on the instructions covered in class.
- D) **Dribbling – 10%** - 10 shots, 1 trial, **February 26, 2019**. Each student will perform a variety of dribbling exercises. The technique and effectiveness will be assessed and the criteria for dribbling technique will be based on the instructions covered in class.
- E) **Team Play – 10%** - Team play will be assessed regularly throughout the semester within all drills or exercises where team play is done. Criteria will be based on the instructions and points of focus covered in class.

- 2. **Teaching/Coaching/Leading a Drill – 10%** - **March 7,14,19,21,26, 2019**. Each student will be responsible for coming up with a practice plan for one drill during a class, and then leading the rest of the class through that drill. There will be a sign-up sheet to request a specific date (listed above) and there will also be more details provided on the marking scheme closer to the date.

3. Participation – 15%

Participation will include the evaluation of effort, attendance, being on time, leading movement preparation, and participation during in-class activities. Since the class sessions involve physical practice and practical application of the theory, participation is crucial, and attendance is imperative. Students are responsible for the material presented in all sessions.

4. Final Exam – 30%

The exam will be written in class on **April 2, 2019** and will include all material that has been covered during classes. Sample questions will be discussed during the course.

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

pass the course.

Course Format:

This course will consist primarily of on court activity sessions. Classes will always start promptly at 10:30am and all assessments will take place during class time.

Dress Code and Footwear:

All students are expected to dress appropriately for all classes. Appropriate clothes include shorts, t-shirt, socks, indoor gym shoes, and reasonable extensions of the above (e.g. sweat pants, sweat shirts, etc). Please note that the Upper Gym has a RESTRICTED SHOE POLICY. Only clean INDOOR shoes are allowed to be worn in this room. Dark-soled shoes, which may mark up the floor, are NOT PERMITTED.

Course Content:

1. MOVEMENT FUNDAMENTALS

- a) body balance and control
- b) footwork
 - starts
 - stops (stride, jump)
- c) change of direction
- d) change of pace
- e) pivots (forward, reverse)

2. INDIVIDUAL OFFENSIVE FUNDAMENTALS

- a) PASSING THE BALL
 - two hand chest pass
 - 1 hand push pass
 - two hand bounce pass
 - two hand skip pass
 - the baseball pass
 - passing against pressure (footwork, faking)
- b) RECEIVING THE BALL
 - funnel
 - block and trap
- c) DRIBBLING THE BALL
 - dribbling mechanics
 - speed dribble
 - control dribble
 - change of pace
 - change of direction
 - crossover dribble

- crab dribble
- d) SHOOTING THE BALL
 - lay up
 - set shot
 - foul shot
 - jump shot
- e) OFFENSIVE REBOUNDING
- f) ONE ON ONE SKILLS
 - one-on-one (dribble)
 - getting open (Bump baseline, V-cut, L-cut)
 - triple threat position
 - dynamic attacks (Catch & Read)
 - quick step (onside step, crossover step)

3. INDIVIDUAL DEFENSIVE FUNDAMENTALS

- a) BODY POSITION
 - stance
 - footwork
 - guarding the ball
 - guarding without the ball
- b) REBOUNDING
 - positioning
 - securing the ball
 - clearing the ball

4. BASIC OFFENSIVE TEAM PLAY

- a) TWO MAN MANOEUVRES
 - back door
 - give and go
 - screen (on ball) and roll
- b) THREE MAN MANOEUVRES
 - screen away
- c) FIVE MAN GAME
 - space awareness
 - floor balance
- e) TRANSITION OFFENSE - ADVANTAGE SITUATIONS

5. BASIC DEFENSIVE TEAM PLAY

- a) MAN-TO-MAN - CONTAIN DEFENSE

