

**Department of Kinesiology and Sport Studies**  
**KSS 1720: Basketball**  
Fall 2009

Instructor:	Tony Oliver
Classroom:	Lantz Gym
Office Number:	2010 McAfee
Office Phone: (leave message)	581-6366
Email Address:	jaoliver@eiu.edu
Office Hours:	MW 12-2:00 pm, T/TH 12-1:00 pm

---

Course Objectives:

- 1) To help students learn/refine fundamental basketball skills and techniques
- 2) To provide students with enjoyable educational/recreational basketball playing experiences
- 3) To promote physical fitness benefits available through weekly basketball participation
- 4) To promote knowledge and understanding of basic basketball rules and strategies
- 5) To promote sportsmanship while participating in basketball practice activities and games

Assignments/Grading: **100 points possible**

**I. Class Attendance and Participation: 20 points**

\* You are expected to attend each class, arrive on time, and be appropriately dressed to actively participate. I am confident that you will WANT to be here every class period because you love "hoops" and this class is fun.

\* Please note \*: - 2 points per absence. Perfect attendance (0 absences!) = +3 bonus points \*

**II. Fundamental Skills Tests: 40 points (8 tests x 5 points each)**

Skills tests will be administered on various days throughout the semester. At the start of most classes, approximately 10 minutes will be dedicated to participating in a warm-up activity that reviews a **fundamental basketball principle**, such as those listed below. The skills test will follow the warm-up activity.

Ball-Handling/Dribbling – Speed Dribble + Lay-Ups  
Perimeter Shooting – “Hot Spots Shooting Drill”  
Rebounding – “Tip Drill”  
Weak-hand Lay-Ups

Free-throws – “Crunch Time”  
Inside Shooting – “Mikan” Lay-Up Drill  
Perimeter Shooting – “3-point shot”  
Perimeter Shooting – “Bank Shots”

**III. Basketball Website Assignment 20 points**

Locate 10 reputable basketball websites dedicated to coaching or teaching basketball fundamentals. Provide the following for each: 1) the specific web address (URL) for each web site, and 2) at least a 3-sentence summary that highlights the valuable teaching-coaching content available at the web site.

\* This assignment must be typed \*. A cover page and basketball images are also encouraged.

\* **Due by Nov 17<sup>th</sup>, 2009 (Tuesday before Thanksgiving Break) \***

**IV. Final Exam 20 points**

A 20-question final exam will be given on the last day of class (**December 10th, 2009**) covering rules of the National Basketball Association (NBA). NBA rules can be found at [http://www.nba.com/analysis/rules\\_index.html](http://www.nba.com/analysis/rules_index.html)

---

Grade Scale – (A=100-90 points) (B=89-80) (C = 79-70) (D=69-60) (F = below 60 points)

\* Lockers - EIU Issue - Towel: Available to students enrolled in Physical Education activity classes. Inquire at the Equipment Room desk in Lantz. For a small fee this service provides a daily exchange of clean laundered items.

# **KSS 1720: Basketball**

## Tentative Class Schedule – Fall 2009

- Class 1 - Introduction to Class, Review Syllabus, Class Objectives, Class Policies, Student Contact Information
- Class 2 - Triple-Threat Position - Creating Space for “Offensive Opportunities”, 1-Arm Rule
- Class 3 – Triple-Threat Position - Jump Stops, Pass-Shot Fakes, Jab/Crossover Steps
- Class 4 – Shooting Fundamentals – Jump-Shot vs. Set Shot, “Square to the Basket”
- Class 5 – Shooting Fundamentals – **Speed Dribble + Lay-ups (Goal = 4 in 30 sec <E>, 2 in 30 sec <I>)**
- Class 6 – Individual Offense Fundamentals - Moving Without the Ball (Screens)
- Class 7 – Individual Offense Fundamentals - Types of Cuts (V, Curl, Back-Door, etc.)
- Class 8 – Shooting Fundamentals – Low Post Moves and Inside Shots (Lay-ups, Hook, Jump-Hook, etc.)
- Class 9 - Shooting Fundamentals - **“Mikan” Drill Skills Test (Goal = 15 in 30 sec. <E> or 10 in 30 sec. <I>)**
- Class 10 – Shooting Fundamentals – Free Throw Shooting
- Class 11 – Shooting Fundamentals – **Free Throw Skills Test (Goal = 7/10 <E>, 5/10 <I>)**
- Class 12 – Dribbling Fundamentals – Basic Dribbling Moves, Dribble Tag, Dribble Knock-Out
- Class 13 – Ball Handling Fundamentals (No dribble)
- Class 14 – Ball Handling Fundamentals - **“Hot Spots” Skills Test (Goal = 13+ points in 30 secs)**
- Class 15 - Passing Fundamentals – Passing/Catching, Types of Passes, Pass to Moving Targets
- Class 16 - Passing Fundamentals – Establish Post Position, “Feeding” the post
- Class 17 – Rebounding Fundamentals – Rules of Rebounding, Boxing Out, Pass to the “Outlet”
- Class 18 – Rebounding Fundamentals – **“Tip Drill” Skills Test (Goal = 20+ <E>, 10+ <I>)**
- Class 19 - Fast Break Offensive Fundamentals – Take Advantage of “Numbers”, Create Lay-ups
- Class 20 - Fast Break Offensive Fundamentals - Primary vs. Secondary Fast Break
- Class 21 - Individual Defensive Fundamentals – Stance, Deny the Pass, Cut, & Lane
- Class 22 – Individual Defensive Fundamentals – **Perimeter Shooting – “3-point shot”**
- Class 23 – Team Defense Fundamentals – “Help-Side” defense, 1-2-3 passes from ball
- Class 24 – Team Defense Fundamentals - Defending the Post, Defend the “Lane”
- Class 25 – Team Defense Fundamentals - Half-Court Zone – **“Weak-hand Skills Test – Lefty Lay-Ups”**
- Class 26 – Team Offense Fundamentals – Penetrating the “Gaps” of the Zone, Odd-Even Principle
- Class 27 – Team Zone Defense Fundamentals – Zone Presses
- Class 28 – Cognitive Elements and Aspects of Basketball - **Perimeter Shooting – “Bank Shots”**
- Class 29 – Social Elements and Aspects of Basketball - Sportsmanship, Respect
- Class 30 – Review and wrap-up - **Final Exam**