

**SCHOOL OF HUMAN KINETICS  
UNIVERSITY OF BRITISH COLUMBIA**

Course: **HKIN 420**

Name: **Basketball**

Term: Winter 2007

Days/Times/Rooms: **MON**

**4:00 -7:00 Osborne Gym / Classroom 203A**

Instructor: **Paul Eberhardt**

Tel: **604 726-5052**

Email: **coachebe@shaw.ca**

**NOTE: Students should be prepared for both theory and practical work on each day of class unless otherwise notified by the instructor.**

**PERFORMANCE ANALYSIS COURSES ATTENDANCE POLICY**

**Participation and attendance are compulsory. Students are expected to attend and participate in all scheduled lecture and lab classes. UNAUTHORIZED ABSENCE FROM MORE THAN 2 CLASSES IS CONSIDERED UNSATISFACTORY. A student may be denied the privilege to write the final examination and participating in the final lab exam because of unsatisfactory attendance. In this case, course credit will NOT BE GRANTED. Students who are unavoidably absent due to illness or disability should report to the instructor on their return to class. Students, who, due to illness or injury, cannot actively participate in classes, must provide written medical documentation.**

**Learning Objectives:**

1. To understand advanced components of correct individual and team skills.
2. To be able to demonstrate the correct application of each advanced skill.
3. To be able to analyze and correct errors that may occur in advanced individual and team skills.
4. To develop fundamental knowledge of advanced coaching tactics, technique and strategies.
5. To develop fundamental knowledge of advanced offensive and defensive systems of play.
6. To understand the necessary psychological and social components involved in coaching.

### **COURSE OBJECTIVES:**

1. To understand the historical factors that have influenced the development of the game of basketball and to be aware of current trends.
2. To understand components of correct individual technique and team tactics. Through observational analysis, be able to detect and correct errors in both individual technique and team tactics.
3. To understand the physical, psycho-motor, and cognitive factors that contribute to effective performance in basketball.
4. To acquire an introductory level of knowledge of offensive and defensive systems of play in basketball.
5. To be able to demonstrate the appropriate application of selected individual technical and tactical skills in basketball.

**Course Text: Basketball Canada, Level 2 Technical Manual, NCCP, 1987. Cost: \$40.00**

**Required Readings: Will be handed out during class. Photocopying Fee for the course is \$10.00**

### **Course Content and Weekly Outline:**

Basketball (Theoretical and Practical Sessions)  
Technical – Tactical – Strategic Concepts

- (1) Rules and History of the game and the Development of your Coaching Philosophy
- (2) Factors Contributing to Effective Performance:
  - (a) Advanced Technical Skills
  - (b) Tactical Concepts
  - (c) Strategic Concepts
- (3) Individual Technical skills – Advanced Offensive Drills
  - (a) Shooting
  - (b) Dribbling
  - (c) Passing
  - (d) Rebounding

- (4) Individual Technical skills - Advanced Defensive Drills
  - (a) Body Position
  - (b) Hand Position
  - (c) Court position
  - (d) Rebounding
  
- (5) Advanced Team Tactics and Strategies (Offensive and Defensive)
  - (a) 1 on 1
  - (b) 2 on 2
  - (c) 3 on 3
  - (d) 4 on 4
  - (e) 5 on 5 - systems of play – building an offense or using offensive sets  
(Passing game, motion, flex, high post, pro-sets, etc.)
  - (f) On the ball Defence – court position
  - (g) Off the ball Defence – court position
  - (h) Zone Defences – court position
  - (l) Combinations and Junk Defences – triangle & 2, Box & 1
  
- (6) Performance analysis, including error detection, identification and correction of skills.  
And development of Practice Plans
  
- (7) Pedagogical Strategies for Advanced Basketball Instruction
  - (a) Game and drill modifications
  - (b) Tactical approach mini-games
  - (c) Drill progressions
  
- (8) Opposition scouting and game preparation – individual and team

**Evaluation and Grading:**

**1. Course Evaluation Components**

(a) Practical Performance – coaching demonstration	20 %	(March 5 to 26)
(b) Analysis Assignment – scouting report	20 %	(Feb. 5)
(c) Midterm – date TBA	25 %	(Feb. 12)
(e) Final Exam	35 %	Exam Period

**N.C.C.P. Certification. Through participation in this course, successful students may have the opportunity to gain Level 2 Technical Certification for basketball.**