

# KIN 0087B - THEORY OF BASKETBALL

## Catalog Description

Formerly known as PHED 89B

Hours: 54 lecture

Description: Study and analysis of competitive basketball. Emphasis on defense, offense, individual and team skill development, rules and games preparation and strategy. Designed for students with basketball experience and/or the desire to coach basketball at any level. (CSU, UC-with unit limitation)

## Course Student Learning Outcomes

- CSLO #1: Outline fundamentals of basketball including offensive and defensive skill sets.
- CSLO #2: Apply coaching strategies for end of game special situations.
- CSLO #3: Compare the benefits of incorporating a match up zone defense versus straight man to man.

## Effective Term

Fall 2019

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Analyze the basic fundamentals of basketball including offensive and defensive skill sets;
2. Develop coaching strategies for team offense and team defense;
3. Develop coaching strategies for end of game special situations, such as: last second press schemes and time and score clock management;
4. Formulate an offensive and defensive game plan based on a scouting report or game film breakdown from an opponent;
5. Compose a marketing strategy for recruiting, media relations and fundraising;
6. Diagram and analyze special situations, such as inbound plays, sideline plays, and last second shots;
7. Compare and contrast the strengths and weaknesses of both zone and man trapping defenses;
8. Assess the benefits of incorporating a match up zone defense versus straight man to man;
9. Identify full court press tactics of the opponent;
10. Construct an organized practice plan for use at high school level or above;

11. Apply proper techniques in post play;
12. Appraise the value/role of game officials during flow of the game.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: An instructor led discussion on the pros and cons of playing with a 2-3 zone. Example: What are 2 advantages to a 2-3 zone and 2 disadvantages.
- Objective Examinations
  - Example: Objective exam that consists of a key terms used for offensive skills. Example: Name the 5 positions on offense.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Lecture and PowerPoint by the instructor on the various offensive fundamentals necessary for each position on the court. The instructor will facilitate a small group discussion in which each group will be given an offensive strategy to break trapping zone defenses for each position on the court.

Distance Learning

1. Instructor will facilitate an on-line large group analysis of motivating techniques designed for maximum team effort, concluding with students developing a list of three personalized techniques.

## Typical Out of Class Assignments Reading Assignments

1. Read and summarize an article about offensive basketball skills in Basketball Weekly magazine and be prepared to discuss in class. 2. Read instructor supplied hand out on offensive skill sets and be prepared to discuss in class. (i.e., ball handling, shooting, passing, rebounding, and scouting reports)

## Writing, Problem Solving or Performance

1. Read John Wooden's Pyramid of Success and prepare a 3-4 page essay summarizing the content. 2. Analyze an instructor supplied list of plays and write a 3-4 page paper comparing and contrasting the strengths and weaknesses of each. 3. Through a class demonstration or video

presentation, illustrate the 5 techniques for proper defensive individual skills.

## **Other (Term projects, research papers, portfolios, etc.)**

### **Required Materials**

- Coaching Basketball - Technical and Tactical Skills
  - Author: American Sport Education Program
  - Publisher: Human Kinetics
  - Publication Date: 2015
  - Text Edition: 3rd
  - Classic Textbook?:
  - OER Link:
  - OER:

### **Other materials and-or supplies required of students that contribute to the cost of the course.**