

SPORTS AUTHORITY OF INDIA

SYLLABUS FOR SPORTS COACHING COURSE

DISCIPLINE: BASKETBALL

COURSE NAME: DIPLOMA

COURSE CODE:



Fig. Basketball

Total Credits: 24	Semester - I	L	Assignment	P	SW / FW	TOTAL CREDIT UNITS
		80	20	270	30	12
		(L-Lecture, P-Practical, SW - Self Work, FW - Field Work)				
	Semester - II	L	Assignment	P	SW / FW	TOTAL CREDIT UNITS
		80	20	270	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW - Field Work)				

COURSE OBJECTIVES:

- ❖ To have knowledge and development of Basketball in the wider world, to understand Basketball and place within society and moreover to develop a sense of cultural heritage of Basketball.
- ❖ Demonstrates an awareness and understanding of the concept of quality coaching and the associated pedagogical aspects of coach's work for high performance.
- ❖ Demonstrate an awareness and understanding of coaches' role in the learning the athletes.
- ❖ Demonstrates an awareness and understanding of the centrality of learning to coaching Practice and its implementation practically.
- ❖ Full filling what the students should know after completion of a course.
- ❖ To understand the experiment of latest Basketball means for technique development.
- ❖ To know the updated knowledge of FIBA and BFI.
- ❖ To know the purpose of Talent Identification and to identify the potential in young Athletes.
- ❖ To learn how to make Planning, Organizing, Analyzing, Execution, Innovating and Researching about New Techniques.
- ❖ To have knowledge about how to handle and utilize the New Technologies, Equipment's and different age group Athlete's.
- ❖ Most importantly, to learn how to Utilize Science of Physiology, Kinesiology, Bio-Mechanics, Sports Medicine, Psychology and Basketball Techniques in Pedagogical Process.

LEARNING OUTCOMES:

- ✧ The ability to search, collect, analyse and organize information, concepts, ideas and to convey those ideas clearly and fluently, both theoretically and practically in coaching.
- ✧ Students will be able to identify and describe the contours and stakes of Basketball.
- ✧ Students will learn about various means and its implementation in Basketball training.
- ✧ The knowledge and respect of ethics and ethical standard in relation to organization of Session effectively and efficiently.
- ✧ Help the students to analyze major competition performances and utilizing that gained Knowledge into their success.
- ✧ Ability to demonstrate adequately and can teach from what he observes of players performance.
- ✧ Recognize the importance of Physical Fitness, Technical, Tactical Training and Creating & Evaluating the role of strategy against different style of Players and Rubbers.
- ✧ It enables the student to get maturity in coaching, teaching, training and making strategies.
- ✧ Players willing to put their full efforts and ready to work for him.
- ✧ Creating, Planning, Understanding, executing different Types of Training Methods and Means in Basketball.

SKILLS DEVELOPED:

- 😊 **Leadership** Quality
- 😊 **Smart & Innovative** thinking
- 😊 Efficient & Effective **Planning and Execution**
- 😊 **Decision** making
- 😊 Effective & Gracious **Communication**
- 😊 **Problem Handling & Solving** very Sensibly
- 😊 Friendly **Social & Interpersonal relationship**
- 😊 **Knowledge** Sharing and Team Work
- 😊 Working under the **Ethics and Conscience**

DETAILED SYLLABUS (SEMESTER - I)

THEORY - I

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	In-House/ Guest Faculty
1.	Latest trends in Warm up – Limber down:				
	1.1 Importance 1.2 Principles 1.3 Methods 1.4 Means	L	4	Online/Class room	
2.	History and Development & Organizations:				
	2.1 Origin and development of Basketball in the world, Asia and India. 2.2 Organization governing Basketball at various levels (FIBA Asia,BFI,AIU,SGFI, Khelo India Games)	L	4	Online/Class room	
3.	Latest trend in organization and management of Competitions at:				
	3.1 Olympic Games, World Championships. 3.2 FIBA Asian Games, FIBA Asian Championship, National Championships. 3.3 Organization of competitions and drawing of fixtures. (Olympic Games, FIBA, National Championships)	L SW	4 6	Online/Class room	

4.	Rules, Regulations, their Interpretation and latest rule changes in:	L FW	30 16	Online/ Class room	
	4.1 Men, Women and Mini 4.2 Qualities of Officials & Mechanics of Officiating 4.3 3*3 Rules and Officiating				
5.	Latest trends in Basketball Terminology: FIBA Glossary	L	6	Online/ Class room	
6.	Latest trends in facilities and their managements:	L FW	8 8	Online/ Class room	
	6.1 Developmental trends in facilities and technical equipment. 6.2 Construction, marking and maintenance of play fields, Playing/training facilities, training equipment.				
7.	Latest trends in Methods of teaching and Training: (Preparation of Lesson plan)	L	2	Online/ Class room	
8.	Requisites of Basketball player:	L	4	Online/ Class room	
	8.1 Kinanthropometric requirements. Motor qualities required as per modern trends. 8.2 Psychological and sociological abilities required. 8.3 Technical and tactical abilities required as per modern trends. 8.4 Knowledge of rules, regulations and their practical application along with latest rule changes.				

9.	Latest trends in techniques and their development in Basketball:				
	<p>9.1 Introduction, Importance and classification of techniques.</p> <p>9.2 Stages of motor learning – principles of motor learning applied for Teaching the techniques</p> <p>9.3 Methods and phases of teaching and training of techniques.</p> <p>9.4 Analytical descriptions of various techniques with respect to movement Coordination, applied Biomechanics and rule implications.</p> <p>9.5 Principle of performance of techniques during the game (Coaching hints for application of techniques during games).</p> <p>9.6 Latest trends in teaching and training aids – advantages – usages</p> <p>9.7 Latest trends in means of evaluation of progress in learning techniques and performance of techniques during competitions (Skill test)</p>	L	6	Online/ Class room	
10.	Latest trends in Tactics and their development in Basketball:				
	<p>10.1 Introduction, importance and classification of tactics.</p> <p>10.2 Methods and phases of teaching tactics.</p> <p>10.3 Principles of playing individual and group tactics (offensive & defensive</p>	L	6	Online/ Class room	

	<p>In various game situations)</p> <p>10.4 Descriptive analysis of various basic and advanced individual and Group tactics in offense and defense</p> <p>10.5 Methods and means of training individual and group tactics.</p> <p>10.6 Means for evaluation of progress in learning of tactics (performance in training matches, competition matches, observation reports)</p>				
	Learning Hours			80	
	Assessment			20	
	Total			100	
	SW & FW			30	

PRACTICAL - I

(Total Credit: 8)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online /Playfield	In- House/Guest Faculty
1.	Latest trends in Warming up:				
	1.1 General warming up procedures, methods and forms of exercise. 1.2 Specific warming up procedures, means & methods of exercises/drills	P	20	Online/Playfield	
2.	Latest trends in Development of general motor abilities:				
	2.1 Free and exercise/ callisthenic exercises. 2.2 Development of basic endurance 2.3 Development of basic strength 2.4 Development of basic speed 2.5 Development of flexibility 2.6 Development of coordination abilities.	P	35	Online/Playfield	
3.	Latest trends in development of personal performance and demonstration ability in:				
	3.1 Offensive techniques – with the ball. 3.1.1 Player stance, ball handling and ball control (ball holding)	P	45	Online/Playfield	

	<p>3.1.2 Passing – Basic passes of two hands and one hand and their variation.</p> <p>3.1.3 Dribbling – stationary, on the move, change of direction and</p> <p>3.1.4 Change of pace, stop, pivoting and fakes and feints.</p> <p>3.1.5 Shooting – Basic techniques of close range shots (Lay ups and variations)</p> <p>3.1.6 With one hand and two hands, medium jump shots, long distance shots and free throws.</p> <p>3.2 Offensive techniques – without ball</p>				
4.	Latest trends in development of demonstration and teaching/training ability of rebounding – basic rebounding techniques and tactics and their variations – offensive and defensive:	P	30	Online/ Playfield	
5.	Latest trends in development of demonstration, teaching and training ability of individual defensive technical and tactical actions through analysis and personal practice:	P	35	Online/ Playfield	
	5.1 Individual defensive techniques – stance,				

	<p>feet movements, arm position etc.</p> <p>5.2 Individual defensive tactics while guarding a player with the ball:</p> <p>5.2.1 Player in triple threat position (perimeter)</p> <p>5.2.2 While guarding the dribbler</p> <p>5.2.3 Player had complete the dribble (perimeter)</p> <p>5.2.4 High post with ball</p> <p>5.2.5 Low post with ball</p> <p>5.3 Individual defensive tactics while guarding a player without ball:</p> <p>5.3.1 At the perimeter (strong side and weak side)</p> <p>5.3.2 High post position (strong side and weak side)</p> <p>5.3.3 Low post position (strong side and weak side)</p>				
6.	<p>Latest trends in development of demonstration, teaching and training abilities of individual offensive tactical action through analysis and personal practice:</p>	P	40	Online/Playfield	
	<p>6.1 Individual offensive tactics without the ball: cutting to the basket, cutting to receive the ball and flashing at post. Cutting to replace.</p> <p>6.2 Individual offensive tactics with the ball – one on one situation</p>				

	(perimeter & post player)				
7.	Development of demonstration, teaching and training ability of group tactical offensive and defensive action through analytical methods:				
	7.1 Offensive tactics 7.1.1 Two men combinations (give & go, on the ball screen, two – on – two, out numbering situations, brush off with ball) 7.1.2 Three men combination (out numbering situations, off the ball screens, brush off without ball, dribble weave attack) 7.2 Defensive tactics. 7.2.1 Against two men combination. 7.2.2 Against three men combination.	P	35	Online/Playfield	
8.	Latest trends in test and measurements:				
	8.1 Skill test 8.2 General physical fitness test	P	10	Online/Playfield	
9.	Pedagogic practice:				
	9.1 Practice teaching of techniques a tactics 9.2 Officiating the match.	P	20	Online/Playfield	
	Total Practical Hours	270			

DETAILED SYLLABUS - SEMESTER II

THEORY - II

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	In-house / Guest Faculty
1.	Latest trends in Identification and development of talent in Basketball:				
	1.1 Principles, procedures and criteria for scouting talents at sub junior and later stage. 1.2 Systematic development of the identified talent on the long term basis (mini-youth-juniors). 1.3 Steps for periodical monitoring of the progress of talent.	T & F/W	10	Online/Class room	
2.	Selection of team:				
	2.1 Criteria, methods and procedure of selection of a team 2.2 Criteria and principles of selecting starting five.	T, P & S/W	10	Online/Class room	
3.	Planning and periodization of training in basketball:	T & P	10	Online/Class room	

	<p>3.1 Long term plan – aims and contents of training, methods and means of training various elements.</p> <p>3.2 Annual plan (periodization of training)</p> <p>3.2.1 Single periodization</p> <p>3.2.2 Double periodization</p> <p>3.2.3 Multiple periodization</p> <p>3.2.4 Aims and contents of training in various periods.</p> <p>3.3 Schedule of training</p> <p>3.3.1 Weekly schedule</p> <p>3.3.2 Daily schedule (daily practice program)</p>				
4.	Latest trends in psychological preparation of a basketball player:				
	<p>4.1 Principle and methods of development of mental (intellectual) pre-requisite.</p> <p>4.2 Psychological preparation of a player and team for high intensity training.</p> <p>4.3 Psychological preparation of a team and player for competitions at varying levels.</p>	T & P	4	Online/ Class room	

5.	Latest trends in Specialized training for:	L & T	4	Online/ Class room	
	5.1 Women basketball player 5.2 Extra tall players.				
6.	Competitions in basketball:	L & P	14	Online/ Class room	
	6.1 Methods and means of scouting, content of scout reports—preparation of scout report, use of scout reports for preparation of team for competition. 6.2 Statistics – content and statistical analysis 6.3 Planning of build-up competitions (practice matches) with specific tasks 6.4 Strategy in basketball- Definitions, different between tactics and strategy, playing strategy (general principles). 6.5 Handling the Team Before competition (On and Off the court) 6.6 Preparation for a match 6.6.1 Pep talk (psychological preparation as well as tactical assignments)				

	<p>6.6.2 Game plan/strategy</p> <p>6.6.3 Competition warm-up</p> <p>6.7 Managing the team during a match (coaching during the game).</p> <p>6.8 Methods and means of recording competition performance- Shot-charts, analysis of video recording, observation chart etc.</p>				
7.	Latest trends in Tactics in basketball – Team tactics and its development:				
	<p>7.1 Descriptive analysis of basic and advanced offensive team tactics and systems.</p> <p>7.2 Advantages and dis-advantages of various offensive and defensive team tactics</p> <p>7.3 Principles of applying different offensive and defensive tactics.</p> <p>7.4 Methods and means of training offensive and defensive tactics.</p> <p>7.5 Trends in development of training and coaching aids and use of coaching</p>	L & T	4	Online/ Class room	

	<p>aids for the development of tactics.</p> <p>7.6 Means for evaluation of progress in team tactics.</p> <p>7.6.1 Performance in practices matches</p> <p>7.6.2 Performance in competition matches</p> <p>7.6.3 Coaches observations reports.</p>				
8.	Latest trends in motor abilities and their development in basketball:				
	<p>8.1 Methods and means of determining the specific motor abilities</p> <p>8.2 Requirements of specific motor abilities</p> <p>8.3 Methods and means of development of specific motor abilities</p> <p>8.4 Means for evaluation of progress in development of specific motor abilities (Specific fitness)</p>	L & T	8	Online/ Class room	

9.	<p>Audio Visual Aids in Teaching and Training</p> <p>9.1 Video of correct form of techniques</p> <p>9.2 Techniques correction</p> <p>9.3 Identification of Individual mistakes</p> <p>9.4 Rectification of identified mistakes in comparison with the video</p>	L	4	Online/ Class room	
10.	<p>Video Analysis</p> <p>10.1 Analysis on Substitution (Impact in progression and result of the game)</p> <p>10.2 Analysis on Timeout (Talks during timeout, was it timely, was it necessary)</p> <p>10.3 Implementation of Special situation moves and its impact.</p> <p>10.4 Technical and Tactical analysis of various plays in Offense and Defense.</p> <p>10.5 Officiating</p>	L&FW	4	Online/ Class room	
11.	<p>Entrepreneurship through Sports(Basketball)</p> <p>11.1 Event management in Basketball</p> <p>11.2 Running an Academy</p> <p>11.3 Online Coaching</p>	L&SW	8	Online/ Class room	

	11.4 Consultance 11.5 Talent Identification 11.6 Infra availability 11.7 Popularity in that area (Public Interest) 11.8 Financial Model and Legal issues 11.9 Performance Analysis				
	Learning Hours	80			
	Assessment	20			
	Total	100			

PRACTICAL - II					
(Total Credit: 8)					
Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Latest trends in development of specific motor abilities (through suitable means and methods):	P	40	Online/Playfield	

	1.1 Development of speed endurance 1.2 Development of explosive strength endurance 1.3 Development of explosive strength 1.4 Development of specific speed abilities 1.5 General physical fitness tests 1.6 Specific physical fitness tests				
2.	Pre-game warming up procedures, methods and drills:	P	20	Online/Playfield	
3.	Latest trends in development of demonstration, teaching and training ability of team offensive and Defensive tactics through development of analytical abilities and improving personal performance through practice:	P	180	Online/Playfield	In-house/ Guest Faculty
	3.1 Offensive team tactics: 3.1.1 Fast break offense: - Middle lane attack - Side lane attack 3.1.2 Set play against man for man defense 3.1.3 Set play against zone defense	FW & SW	10		

	3.1.4 Freelance system of attack 3.1.5 Attack against pressing defense 3.1.6 Situational plays – out of bounds and free throw plays 3.2 Defensive team tactics: 3.2.1 Defense against fast break attack 3.2.2 Aggressive man to man team defense 3.2.3 Defense against Situational plays – out of bounds 3.2.4 Basic zone defense with various formations 3.2.5 Combination defenses – Match-up zone defense 3.2.6 Pressing defense – full court, half court, $\frac{3}{4}$ court				
4.	Pedagogic practice:	FW & SW	20	Online/Playfield	
	4.1 Practice teaching 4.2 Officiating	P	30		
	Practical Hours	270			
	FW & SW	30			
	Total	300			

Training Books, Journals, Online Resources Prescribed for Trainees

1. Delton, Boris, Hercher and S. Konzag. Basketball, sportverlag, Berlin, (1984)
2. Rich Grawer. Secrets of winning post play basketball. Parker publishing company, (1980)
3. John Bun. Scientific principles of coaching. Prentice Hall purlkato, New jersey, (1986).
4. D.C Smith and R.B. Spear. Basketball multiple offense and defense, New York, (1982).
5. J.R Wooden Practical Modern basketball. New York, (1980).
6. Robert A.F. basketball – The complete hand book of individual skill. PrenticeHall. Englewoodclifs. New Jersey, (1988).
7. Pall Stimpson Basketball - The skill of the game. The crowood press, (1986).
8. Mel Hankinson. Progression for teaching basketball IIIrd edition
9. Morgan Wooten. Coaching basketball successfully. Leisure press champaign, Illinois, (1992).
10. Fantanell, John . J. The physics of Basketball. Maryland uni press (2006)
11. Hatchell, Sylvia. The complete guide to coaching girls basketball. NY. McGraw-Hill, (2006).
12. Prudden, Jill. Coaching girls basketball successfully. USA Human kinetics, (2006).
13. Wooden, John. John wooden's UCLS offense USA Human kinetics (2006).
14. Mc Gee, Kathy. Coaching basketball technical and tactical skills. USA. Human kinetics, (2007).
15. Krause, Jerry. V. Basketball skills and Drills 3rd edition, USA Human kinetics, (2008).
16. Sidney Goldstine. The basketball coach's Bible 2nd edition. Philadelphia, Golden Aura pub Inc. (2008).
17. John Ginnini. COURT SENSE – Winning Basketball is a Mental Game. USA Human Kinetics, (2009).

18. Kevin Hoffman. "Winning Hoops" The coaching advice to build a winning program., USA. Great American Media Service Pub Inc. (published in every 2 months).

ASSESSMENT			
	Semester 1	Semester 2	Internal/External %
Theory Monthly Assessments	<p>Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month</p> <p>Total – 4 Assessments</p>	<p>Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month</p> <p>Total – 4 Assessments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score</p> <p>Test data will be recorded for reference</p>
Monthly Practical/Lab/Field	<p>Monthly Assessment Practical demonstration & Execution of learnt techniques</p> <p>Total – 5 Assessments</p>	<p>Monthly Assessment Practical demonstration & Execution of learnt techniques</p> <p>Total – 5 Assessments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.</p> <p>Test data will be recorded for reference</p>
Monthly Quiz/Assignments	<p>1 Assignment per month</p> <p>Total – 4 Assignments</p>	<p>1 Assignment per month</p> <p>Total – 4 Assignments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.</p> <p>Test data will be recorded for reference</p>
Theory Exam	At the end of semester – I	At the end of semester – II	70 % of total score in Theory
Practical Exam	At the end of semester – I	At the end of semester – II	70 % of total Score in Practical