











JAYPEE PUBLIC SCHOOL

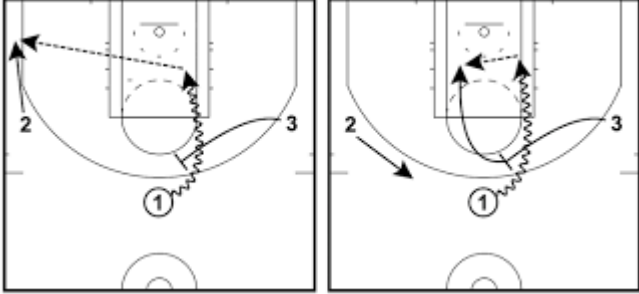


GREATER NOIDA

BASKETBALL SYLLABUS

MONTHS	ACTIVITIES	LEARNING OUTCOMES
APRIL	<p>Basic fundamentals of individual play</p> <p>1. Dribbling</p>  <p>There are different types of dribbles:</p> <ul style="list-style-type: none"> • change-of-pace, • crossover dribble, • behind the back, • pull back dribble, • low dribble, • basic dribble, • between the legs dribble 	<p>A main goal of dribbling is to create space in order to get an easy shot for you or a teammate. There are several techniques that can help you create distance from your opponent.</p>
MAY	<p>2. Shooting</p>  <ul style="list-style-type: none"> • Jump Shot • Dunk • Alley oop • Free throw • Layup • Three-Point Shot • Hook Shot 	<p>Shooting is the most essential basketball skill because it directly causes scoring which determines outcomes of games.</p>

<p>JULY</p>	<p>3. Passing</p>  <ul style="list-style-type: none"> • Overhead Pass • Chest Pass • Push Pass • Baseball Pass • Off-the-Dribble Pass • Bounce Pass 	<p>Passing is the quickest and most effective way to get the ball from player to player and move it around the court.</p>
<p>AUGUST</p>	<p>4. Rebounding It is essential to gain or regain possession after the shot.</p> <p>5. Defending</p>  <p>To be able to get a chance to score and gain possession, the team should play good defense and try to stop their opponent from scoring.</p>	<p>Rebounding gives your team extra chances, and free throw opportunities, and frustrates the defense.</p> <p>Defending is a key part of good defense, limiting the offense to one shot. A good thought is "one shot and out" ..</p>
<p>SEPTEMBER</p>	<p>6. Foot Movement Moves are helpful in finding an open man, make a good shot or create an amazing play.</p>	<p>With proper footwork, players will be able to position themselves better while playing offense or defense.</p>
<p>OCTOBER</p>	<p>7. Jumping</p> <p>8. Violations</p>	

	 <p>Knowing the kinds of basketball violations improves your game.</p> <p>9. Assist It is given to a teammate to help him score easily.</p> 	<p>Jumping is involved in offense during the jump ball in the beginning, while taking shots and sometimes while trying to catch a pass.</p> <p>Aside from these basketball-specific talents, agility, acrobatic ability, speed, and endurance are all valuable assets in the game.</p>
NOVEMBER	<p>10. Foul It is often an accidental contact made by the defender to his opponent or an aggressive move by the ball-handler towards his defender.</p> <p>11. Layup shot</p> 	<p>The main objective of the game is to score points by shooting the ball through the hoop.</p>
DECEMBER	<p>12. Free point shot 13. 1 on 1 move</p> 	<p>A free throw is worth one point. Free throws are awarded to a team according to some formats involving the number of fouls committed in a half and/or the type of foul committed.</p>
JANUARY	<p>Team Concept</p> <p>1. 2 on 2 play 2. 3 on 3 play</p>	<p>The term 2-on-2 in basketball is a situation in which there are two</p>

		<p>offensive players against two defensive players. a variation of basketball played three-a-side, with one backboard and in a half-court setup.</p>
<p>FERRUARY</p>	<p>4. 4 on 4 play 5. 5 on 5 play</p> <p>5 Out</p> 	<p>A 4-on-4 situation could occur in a fast break or full court portion of the game if one player from both teams is left trailing behind the play. 5 players on each team is the regulation amount in any type of organized basketball as well as many intramural and pickup games too.</p>
<p>MARCH</p>	<p>Competitions – 1 on 1, foul shooting , 3 on 3 and 5 on 5</p> 	<p>Demonstrate the ability to perform individual offensive and defensive skills and strategies. Demonstrate the ability to perform team offensive and defensive skills and strategies.</p>