



Fjölbrautaskóli Suðurlands

Vorönn 2019

## FSu Basketball Academy

Teachers: Christopher Caird, Rui Costa

### Course description:

Individual skill development and understanding of basketball from a fundamental level. Achieved by a breakdown of different aspects and principles in basketball. Encompassed by:

- Goal setting.
- Skill development (Ball handling, passing, shooting, 1on1 offence and defense, team offence and defense).
- Read and react quicker, and more efficiently to in game situations.
- Improve basketball IQ and understanding of basketball principles.
- Basketball specific strength and conditioning.
- Post practice/game recovery techniques.

Evaluation period will create a split based on ability, A and B groups. This allows for more attention to detail for the B group on basic principles, and A group a chance for a further expansion of abilities in certain in game situations. Whichever group a player is in will be a factor in deciding an academy team roster in the drengjaflokk category, competing in the national league and cup.

### Knowledge criteria:

The student must be expected to have acquired knowledge and understanding of:

- Basic basketball fundamentals
  - right and left hand lay-up
  - perform following passes and knowing when to use them in a game
    - bounce/overhead/chest/1 hand outside
  - jump shooting technique
  - defensive stance, positioning and communication
- Offensive and Defensive decision making
- Learn the recovery process
  - adequate sleep
  - stretching and foam rolling techniques
  - nutritional requirements
- Basic basketball related strength and conditioning
- Basketball rules and regulations

Learning outcomes: The student should be able to use the knowledge and skills he / she has acquired to:

- Perform basic basketball fundamentals at a high level
- Make better, quicker decisions on offence
- Make better, quicker decisions on defence
- Understand the importance of proper recovery after competing
- Know the pre-hab process to aim at preventing injury
- Communicate efficiently and effectively on the offensive and defensive end
- Have a better tactical understanding of the game and increase overall IQ when on the court

Academy rules:

- The use of smartphones, tablets or other devices in lessons is prohibited except in connection with class activities.
- Students should attend punctually at all times, remind teachers of attendance at the end of time
- they are late and keep an eye on Inna.
- There is a duty to act responsibly when perform basketball activities

Assessment arrangements:

Course description Description of assessment Assessment Weight:

- Player questionnaire 10%
- Physical testing 10%
- Competition tracking sheet 10%
- Station work 20%
- Leading dynamic stretch 10%
- Present a basic fundamental drill to academy 20%
- End of semester final 20%

Extra credit:

- Morning weights 10%

The syllabus is presented subject to change.

Selfoss, August 26, 2019

Teachers: Chris Caird and Rui Costa.