



Fjölbrautaskóli Suðurlands
Haustönn 2020

KÖRF1AB05

FSu Basketball Academy

Kennari:	Chris Caird, Mikel Ereno		
Netfang:	chris.caird@fsu.is		

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).
- Recovery process
- Athlete nutrition
- Basketball specific strength and conditioning

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
- Learn the recovery process
 - adequate sleep
 - stretching and foam rolling techniques
- Elite athlete nutrition: pre and post-game/practice nutrition. Wha, when and how much to eat based on the individual athlete.
- Basic/advanced basketball related strength and conditioning
- Prehab/rehab exercise routines

Learning outcomes:

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

- Learning process to perform basic basketball fundamentals at a high level

- Learn how to differentiate between past habits that have created on court inconsistencies, and how to correct them
- Understand the importance of proper recovery after competing
- Know the pre-hab process to aim at preventing injury
- Learn basic up to advanced basketball specific strength and conditioning movements/ exercises

Equipment/materials needed:

Basketball gym attire, sports bottle for hydration, towel and change of clothes for showering afterwards to practice proper hygiene.

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. If they are late or don't show up to a class without a reasonable reason they will not receive attendance.
- There is a duty to act responsibly when performing basketball/strength and conditioning activities.
- This is an attendance based course where students need to show up to practices and give effort. Because of COVID-19, the syllabus has had to be changed to include online assignments to receive attendance. Everything will be posted on INNA, including directions on how to complete and send assignments back to the teacher with a due date.

Review and assignment schedule:

As long as effort is shown in the assignments, and they are completed by the due date, attendance will be received.

- Defensive principles. Assignment date: 25/08/20 Assignment due: 1/09/20
- Pick and roll offence. Assignment date: 31/08/20 Assignment due: 7/09/20
- Nutrition. Assignment date: 13/10/20 Assignment due: 20/10/20

COVID-19 changed review and assignment schedule:

Because of the on-court practice restrictions, changes to the syllabus have been made in online assignment format to maintain a high level of learning.

Assignment Title	Date Assigned	Due Date
#1 Nutrition review	13/10/20	20/10/20
#2 Drills to teach players offence	24/08/20	31/08/20
#3 Defensive principles	25/08/20	1/09/20
#4 Pick and roll offence	31/08/20	7/09/20
#5 Shooting	8/09/20	15/09/20

#6 Off ball screens	05/10/20	12/10/20
#7 1on1 Decision making and reading	23/10/20	30/10/20
#8 Rebounding	27/10/20	3/11/20
#9 Closeout defence	6/11/20	13/11/20
#10 Psychology review	9/11/20	16/11/20
#11 Passing	13/11/20	20/11/20
#12 Modern basketball	20/11/20	27/11/20
#13 Ball-screen defence	28/11/20	5/11/20
#14 Transition offence	04/12/20	10/11/20

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 10%
- Online assignments x3 10% total
- End of semester final 20%

Extra credit:

- Morning weights 10%

COVID-19 changed assessment arrangements:

- Player questionnaire 10%
- Station work 30%
- Home workouts recorded + home shooting charts recorded 20%
- Online assignments x14 40% total

Extra credit:

- Proof of following home weight program 10%

The syllabus is subject to change because of COVID-19. All changes will be made clear to students beforehand.