



Fjölbrautaskóli Suðurlands
Haustönn 2020

KÖRF3AB05

FSu Basketball Academy

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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.
- Advanced skill development (Ball handling, passing, shooting, 1on1 offence and defense, team offence, defense, in game moves, technical skill adjustments).
- Recovery process
- Athlete nutrition
- Basketball specific strength and conditioning
- Read and react quicker, and more efficiently to in game situations.
- Improve basketball IQ and understanding of basketball principles.
- Social media training
- Sports psychology assessment
- Athletic testing

Knowledge criteria:

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

- Advanced skill development and fundamentals
 - multiple finishes at the basket
 - 1on1 offense and defensive
 - passing in different ways with both hands under pressure from a defender
 - footwork on ball and off ball screens
 - reading different scoring and playmaking options in the open court and using ball screens
 - offensive and defensive rebounding techniques
 - defensive positioning and communication + read and react to multiple game situations
 - video breakdown
- Learn the recovery process
 - adequate sleep
 - stretching and foam rolling techniques
- Elite athlete nutrition: pre and post-game/practice nutrition. What, when and how much to eat based on the individual athlete.

- Basic/advanced basketball related strength and conditioning
- Prehab/rehab exercise routines
- Basketball rules and regulations
- Offensive and Defensive decision making
- Learning methods away from the on-court playing aspect. Learning how to “coach themselves” from watching more video analysis of themselves and the best professionals in Europe
- Sports Psychology importance
- Knowing NBA fitness tests and how to improve on them

Learning outcomes:

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

- Learning process to perform Advanced skill development and fundamentals at a high level, learning how to make in game adjustments
- 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
- Make better, quicker decisions on offence
- Make better, quicker decisions on defence
- 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
- Learning methods away from the on-court playing aspect. Learning how to “coach themselves” from watching more video analysis of themselves and the best professionals in Europe
- Learning self help and coping techniques. Learning how to overcome adversity from peak to low performance to find consistency
- Knowing NBA fitness testing methods, why they are used to view an athletes potential, and how to improve on them

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.