**İzmir Instıtute of Technology**

**Department of Culture Courses**

**SPRT204 Basketball**

**20xx-20xx Güz/Bahar Dönemi**

**Syllabus**

**Instructor : Öğr.Gör. Hakim ÖZGÜR**

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**Office Hours : Wednesday 10:30 – 11:00**

**Course Definition:**

The purpose of the course is to give the techniques of basketball with or without the ball starting from the simplest improving to harder, and from pieces to total step by step.

**Course Objectives:**

**1.** Explaining the history of Basketball

**2.** Explaining the rules of Basketball and the equipment information

**3.** To provide students with technical information about Basketball

**4.** Demonstrating the Basketball techniques without the ball

**5.** Demonstrating the Basketball techniques with the ball

**6.** Demonstrating the individual offense and defense techniques

**7.** Demonstrating the team offense and defense techniques

**8.** Teaching students to play Basketball by the rules

**Textbooks:**

SEN Cengiz (2000) Basketbol Teknik Bağınğ on Yayımevi Ankara

SEVİM Yaşar (2002) Basketbol Teknik-Taktik-Antrenman Nobel Yayınevi Ankara

NBA.com.

Basketball.com.

**Course Requirements:**

Midterm Exam %20   
Attendance %20

Final Exam %60 (Application Exam)

**Class Schedule:**

**1. Week:** Introduction to Basketball, Modern Basketball, Fundamentals of standing with&without the ball, stoppings (single timed, double timed), low-high dribbling, Warm-up and improving exercises at the start and the end of the course.

**2. Week:** Education via Basketball, Basketball game rules, Short review of the previous lesson, streching, ballhandling, pivot turnings (out-side/in-side), pivot steps (right-left), Warm-up and improving exercises at the start and the end of the course.

**3. Week:** Basketball game rules, Knowledge of Pitch and Equipments, streching, ballhandling, Short review of the previous lessons, double dribbling, Forehand and changing direction, Double motion pivot&stop turnings, Passing, Right-Left Lay-up steps, Warm-up and improving exercises at the start and the end of the course.

**4. Week:** Basketball game rules, Knowledge of Pitch and Equipments, streching, ballhandling, Short review of the previous lessons, Lay-ups with passing and dribbling (Right-left), Slalom by high and slow performance, ball-hand shooting education, fake motions with&without the ball, Warm-up and improving exercises at the start and the end of the course.

**5. Week:** Basketball game rules, streching, ballhandling, Short review of the previous lessons, Sliding steps, stop-fake, crossover, Right-left lay-ups, Turning direction with&without the ball, Three point shooting, Double passing and lay-up (right-left), Warm-up and improving exercises at the start and the end of the course.

**6. Week:** Basketball game rules, streching, ballhandling, Short review of the previous lessons, Changing the direction and hand from the back, Jump-Shoot, passing stop-fake, crossover, reverse (right-left) layup, Triple passing layup, Warm-up and improving exercises at the start and the end of the course.

**7. Week:** Basketball game rules, streching, ballhandling, Short review of the previous lessons, Reverse, Triple crosses and layup, pass-shoot, dribbling&shoot, 1on1 exercises, rebound ve box-out, blocking, Warm-up and improving exercises at the start and the end of the course.

**8. Week:** Midterm

**9. Week:** Basketball game rules, streching, ballhandling, Short review of the previous lessons, Layup (right-left), full pitch 1on1’s, Team defence, With&without ball personal defence, Fake&shppt, 2on2 sets , Warm-up and improving exercises at the start and the end of the course.

**10. Week:** Basketball game rules, streching, ballhandling, Short review of the previous lessons, 2x2 sets, screen and falling, freeballs, double passing, triple passing, triple cross layup&shoot, Set pieces defending, Warm-up and improving exercises at the start and the end of the course.

**11. Week**: Basketball game rules, streching, ballhandling, Short review of the previous lessons, fast break, 2on2 games, screen defending, 3on3 games, pass-cut, Warm-up and improving exercises at the start and the end of the course.

**12. Week:** 2on1, 3on2 offence and defence mentalities and trainings

**13. Week:** Team Offence, Team Defence, Fast break tactics

**14. Week:** 5on5 passing game and man to man defending match.

**Student Responsibilities:**

All semester, Fundamentals of Basketball Tecnique will be educated by theory and applications. Regular attendance is necessary for the course. A midterm, final exam and attendance will be effective for the total grade.

**Midterm exam date :**  xx/xx/xx

**Fınal exam date** **:**  xx/xx/xx