

VOCATIONAL COURSE

BASKETBALL

Paper Code – VOC136

Course Objective - The Students will acquire knowledge and understanding of a specific sport in which an individual wishes to excel.

Course Content -

Unit - 1 Theory

- Rules and their interpretations and duties of the officials.

Unit - 2 Practical

- Player stance and ball handling
- Passing-Two Hand chest pass, two hands Bounce Pass, One Hand Baseball pass, Sidearm Pass, Over Head pass, Hook Pass.
- Receiving-Two Hand receiving, one hand receiving, receiving in stationary position, receiving while jumping, receiving while running.

Unit - 3 Practical

- Dribbling-How to start dribble, how to drop dribble, High dribble, Low dribble, Reverse dribble, Rolling dribble.
- Shooting-Layup shot and its variations, one hand set shot, one hand jump shot, Hook shot, and Free throw.

Unit - 4 Practical

- Rebounding-Defensive rebound, Offensive rebound, Knockout, Rebound Organization.
- Individual Defensive-Guarding the man with the ball and without the ball.
- Pivoting.

Total weightage of Theory - 40% of marks, 15 hours (1 Credit)

Total weightage of Practical - 60% of marks, 30 hours + 30 hours (2 Credit)

Skill Partner -> LNPE, All India Karate, AMU

Learning Outcomes – The student attains knowledge, understanding, interpreting and analyzing proficiency in a game of one's choice.

Job Prospects- He / She can be a player, He / She can be a Coach, He / She can be a Referee and He / She can be an Official

Suggested Reading – Bompá O. Tudor and Halff G. Gregory. (2009) "Periodization Theory and Methodology of Training" Human kinetics. NY. Drewett, J. (2007). How to Improve at Basketball. Crabtree Publishing Co., USA. Goldstein, S. (1998). Basketball Fundamentals. 2nd Ed. Golden Aura Publishing, USA. Jain Naveen (2003). Play and Learn Basket Ball. Khel Sahitya Kendra. New Delhi. Nat BB (1997). Conditioning Coaches Association. NBA Power Conditioning. Human Kinetic