



Menlo School Athletics

VB1 Boys Basketball

This course is designed to introduce the student knowledge in the areas of basketball. It includes skills, team dynamics, and strategies related to the sport. Students will learn to interact, make suggestions, work with others and address dynamic situations, which occur during competitive situations. Students will play in competitive situations using the acquired skills from practice. They will practice on days they do not have games and use proper sportsmanship and teamwork necessary to build a team.

Course Content and Scope

Upon completion of this course, the student will be able to:

- Knowledge of game rules and sport skills
- An increased physical fitness level
- Improvement in personal habits of exercise, as well as improvement of sportsmanship

Outline of Topics / Skills to be Addressed

- Triple Threat - turning and facing the basket
- Pivoting on both feet
- Shooting fundamentals - Outside, Post Shots, Layups
- Catching the Ball
- Dribbling
- Rebounding
- Passing

Sample Daily Lesson Plan

5 minutes – warm-up and stretching, layups, run laps, stretch, footwork drills

10 minutes – shooting drill

15 minutes – skill work, dribbling, passing

15 minutes – team concept, offense or defense

15 minutes – team scrimmage work

5 minutes – conditioning