



## **Menlo School Athletics**

### **VB2 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.

#### **Student Course Objectives and Goals**

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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 and Skills**

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- Triple Threat - turning and facing the basket
- Pivoting on both feet
- Shooting fundamentals - outside, post shots, layups
- Catching the ball
- Dribbling
- Rebounding
- Passing

#### **Basketball Team Function**

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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.

## **Daily Lesson Plan**

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- 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