

Programme Name	
Course Code	
Course Title	Outdoor Sports - Basketball

Course Outcomes:

After completion of the Course, the student should be able to –

1. Understand fundamental basketball skills, rules and basic game procedures.
2. Apply dribbling, passing, catching, shooting, defensive and rebounding techniques.
3. Demonstrate positional awareness, teamwork and effective decision-making during practice and games.
4. Demonstrate discipline, sportsmanship, communication and time management.

Course Contents:

1. Fundamental Movement, Footwork & Ball Handling

Introduction to basketball, court layout, player roles, basic rules and scoring; athletic stance; starts, stops, pivots and changes of direction; stationary and moving dribbling; crossover and change-of-pace drills; coordination, court awareness and ball-control exercises.

2. Passing, Catching & Team Movement

Chest, bounce, overhead and baseball passes; receiving and catching techniques; passing while moving; give-and-go; movement without the ball; spacing and simple cuts; communication and decision-making drills; small-group exercises for maintaining possession.

3. Shooting & Finishing

Shooting stance, grip, alignment and follow-through; set shots and jump shots; lay-ups from both sides; finishing near the basket; free throws; shooting after dribbling and passing; shot selection and repetition drills for improving consistency.

4. Defence, Rebounding & Transition

Defensive stance and lateral movement; on-ball and off-ball defence; help defence; close-outs and recovery; defensive and offensive rebounding; boxing out; outlet passing; transition from defence to offence and fast-break awareness.

5. Team Play, Rules & Match Performance

Basic offensive spacing and team coordination; introductory screens and cuts; man-to-man and zone concepts; inbound play awareness; violations, fouls, substitutions and referee signals; practice games; tactical decision-making; teamwork, leadership, sportsmanship and final practical assessment.

Recommended Readings:

1. Official Basketball Rules — International Basketball Federation (FIBA).
2. Basketball Skills & Drills — Jerry V. Krause and Craig Nelson.
3. Basketball: Steps to Success — Hal Wissel.
4. Basketball Essentials — Ryan Goodson.
5. Basketball coaching and development resources — Human Kinetics.

Basketball Faculty / Teacher: Rajesh Raorane Sir

Basketball

Evaluation Scheme:

Sr. No.	Title	Marks
1.	Final Practical Skill Assessment	60
2.	Written Assignment	20
3.	TA (Teacher's Assessment)	20
	Total	100

Total: 100 Marks

Faculty Adviser

Dr. Vikas B. Varekar