

# The Chinese University of Hong Kong P.E. Unit

## Basketball Course Content

Week	Lesson 1	Lesson 2
<b>1</b>	<ol style="list-style-type: none"> <li>1. Class Regulation</li> <li>2. Course Content introduction</li> </ol>	<ol style="list-style-type: none"> <li>1. Ball sense exercise</li> <li>2. Footwork and movement</li> <li>3. triple-threat position</li> <li>4. pass and receiving skills</li> </ol>
<b>2</b>	<ol style="list-style-type: none"> <li>1. Revision for pass and receiving skills</li> <li>2. Moving pairs passing &amp; catching</li> <li>3. Off ball Movement</li> <li>4. Off ball Movement and Passing</li> <li>5. Dribbling (High, Control, Cross dribble)</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for dribbling</li> <li>2. Introduction of 1 and 2 motion shot</li> <li>3. Set shots (one-hand and two-hand)</li> <li>4. Jump shot</li> </ol>
<b>3</b>	<ol style="list-style-type: none"> <li>1. Revision for shots</li> <li>2. Lay-up shots( overhand / underhand )</li> <li>3. Drive and lay-up shots</li> <li>4. Two-man lay-up</li> <li>5. 1 on 1 / 2 on 2</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for lay-up shot</li> <li>2. defensive footwork</li> <li>3. Defence on /off the ball</li> <li>4. Basic Man to man defence and Zone defence</li> <li>5. 2 on 2</li> </ol>
<b>4</b>	<ol style="list-style-type: none"> <li>1. Revision for two-man lay-up</li> <li>2. Rebounding</li> <li>3. Blocking and rebounding</li> <li>4. Introduction of 3 on 3 Basketball</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for blocking and rebounding</li> <li>2. Fast-break</li> <li>3. 3 on 2 and 2 on 1</li> <li>4. Full court 3 on 3 (using secondary court)</li> </ol>
<b>5</b>	<ol style="list-style-type: none"> <li>1. Revision for 3 on 2 and 2 on 1</li> <li>2. Basic passing game (A)- Give-and-go</li> <li>3. Full court 4 on 4</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for Give-and-go</li> <li>2. Basic passing game (B)- Penetrate and pass</li> <li>3. Full court 4 on 4</li> </ol>
<b>6</b>	<ol style="list-style-type: none"> <li>1. Revision for Passing games</li> <li>2. Basic passing game (C)- Screening</li> <li>3. Full court 4 on 4</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for Passing games</li> <li>2. Basic passing game (D)- Flash</li> <li>3. Full court 4 on 4</li> </ol>
<b>7</b>	<ol style="list-style-type: none"> <li>1. Revision for Passing games</li> <li>2. Low post skills introduction</li> <li>3. High post skills introduction</li> <li>4. Full court 4 on 4</li> <li>5. Basic Zone defence</li> </ol>	<ol style="list-style-type: none"> <li>1. Revision for High / Low post skills</li> <li>2. Defensive situation (A) – squeeze, fight over, slide through</li> <li>3. Full court 5 on 5</li> </ol>
<b>8</b>	<ol style="list-style-type: none"> <li>1. Revision for Defensive situation (A)</li> <li>2. Defensive situation (B) – Help, trap, recover</li> <li>3. Full court 5 on 5</li> </ol>	<ol style="list-style-type: none"> <li>1. Basic rules (violation &amp; Foul)</li> <li>2. Revised traveling rules (0 1 2 step)</li> <li>3. Basic referee signals</li> <li>4. Full court 5 on 5 (Zone defence)</li> <li>5. Basic inbound tactics</li> </ol>
<b>9</b>	<ol style="list-style-type: none"> <li>1. Basic rules (Violation &amp; Foul)</li> <li>2. Full court 5 on 5 (man-to man)</li> <li>3. Basic inbound tactics</li> </ol>	<ol style="list-style-type: none"> <li>1. Refereeing</li> <li>2. Full court 5 on 5</li> </ol>
<b>10</b>	Revision and 3 on 3 Basketball	Revision and Game

<b>11</b>	Revision and Game	Revision and Game
<b>12</b>	Examination	Examination
<b>13</b>	Examination	Examination and Course Evaluation