

The Chinese University of Hong Kong P.E. Unit

Intermediate Basketball Course Content

| Week | Lesson 1 | Lesson 2 |
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| 1 | <ol style="list-style-type: none"> 1. Class Regulation 2. Course Content introduction 3. Ball sense exercise | <ol style="list-style-type: none"> 1. Footwork and movement 2. triple-threat position 3. pass and receiving skills 4. Moving pairs passing & catching 5. Off ball Movement 6. Off ball Movement and Passing 7. Set shots (one-hand and two-hand) 8. Introduction of 1 and 2 motion shot 9. Jump shot |
| 2 | <ol style="list-style-type: none"> 1. Dribbling (High, Control, Cross dribble) 2. Lay-up shots (overhand / underhand) 3. Drive and lay-up shots 4. Two-man lay-up 5. Low post skills introduction | <ol style="list-style-type: none"> 1. Defensive footwork 2. Defence on /off the ball 3. 1 on 1 4. 2 on 1 5. 2 on 2 6. 3 on 2 7. 3 on 3 |
| 3 | <ol style="list-style-type: none"> 1. Rebounding 2. Blocking and rebounding 3. Basic rules (Violation & Foul) 4. Refereeing | <ol style="list-style-type: none"> 1. Fast-break 2. 3 on 2 and 2 on 1 3. Full court 3 on 3 (using secondary court) |
| 4 | <ol style="list-style-type: none"> 1. Basic passing game (A)- Give-and-go 2. Basic passing game (B)- Penetrate and pass 3. Basic passing game (C)- Screening 4. Basic passing game (D)- Flash 5. Half court 3 on 3 | <ol style="list-style-type: none"> 1. Defensive situation (A) – squeeze, fight over, slide through 2. Defensive situation (B) – Help, trap, recover 3. Rules of 3 on 3 Basketball 4. 3 on 3 Basketball |
| 5 | <ol style="list-style-type: none"> 1. Zone defence principles 2. Zone defence formation 3. Zone defence skills 4. 4 on 4 practice | <ol style="list-style-type: none"> 1. Revision for zone defence skills 2. Full court 5 on 5 |
| 6 | <ol style="list-style-type: none"> 1. Zone offence principles 2. Zone offence formation 3. Zone offence plays 4. Base line out of bound plays 5. 4 on 4 practice | <ol style="list-style-type: none"> 1. Revision for Zone offence 2. Full court 5 on 5 |

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| 7 | 1. Man to Man defence principles 2. Man to Man defence formation 3. Man to Man defence skills 4. 4 on 4 practice 5. | 1. Revision for Man to Man defence skills 2. Full court 5 on 5 |
| 8 | 1. Man to Man offence principles 2. Man to Man offence formation 3. Man to Man offence skills 4. 4 on 4 practice | 1. Revision for Man to Man offence skills 2. Full court 5 on 5 |
| 9 | 1. Fast break formations 2. Defence to offence transition 3. 4 on 4 practice 4. 5 on 5 practice | 1. Defence Fast break 2. Full court 5 on 5 |
| 10 | 1. Basic rules (violation & Foul) 2. Revised traveling rules (0 1 2 step) 3. Referee signals | Revision and Game |
| 11 | Revision and Game | Revision and Game |
| 12 | Examination | Examination |
| 13 | Examination | Examination and Course Evaluation |