

# KINC 221: MEN'S VARSITY BASKETBALL

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	108
Lab Hours:	108
Hours Arranged:	0
Outside of Class Hours:	0
Strongly Recommended:	Advanced basketball skills to participate in a competitive collegiate experience.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

Varsity athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 108 lab hours.

## Course Objectives

- demonstrate improvement in physical endurance and cardiovascular efficiency
- demonstrate improvement in basic basketball skills
- compare and contrast offensive and defensive strategies
- analyze weaknesses in different offensive and defensive sets and formulate appropriate adjustments

## Major Course Content

All lab content.

## Lab Content

Men's Varsity Basketball includes instructor guided practice and demonstration in the following content areas:

1. Cardiovascular and Strength Program
  - a. Circuit lab
  - b. Weight program
    - i. pre-season
    - ii. in-season
  - c. Pre-season conditioning
    - i. stadium stairs
    - ii. progressive sprints - on track
2. Offensive and Defensive Strategy
  - a. Offense
    - i. half court sets
      1. passing game, cutting, screening, accepting screens, posting
      2. delay and tempo, knowledge of time score and shot selection
      3. stall game knowledge of time, score and shot selection

- ii. full court
  - iii. sideline break - after made field goals
  - iv. break after missed field goals and turnovers
  - v. breaking full and half court presses
- b. Defense
    - i. man-to-man, 20 rules
      1. on ball
      2. off the ball
      3. defending the dribbler
    - ii. zone - half court sets
      1. 2-3
      2. 1-2-2
      3. 1-3-1
      4. match-up
    - iii. presses
      1. 1-2-1-1 zone
      2. 2-2-1 zone
      3. 1-3-1 half court zone
      4. man - jump and run
  3. Individual Skill Development
    - a. Passing
      - i. chest pass
      - ii. bounce pass
      - iii. overhead pass
      - iv. baseball pass
      - v. entry passing angles
      - vi. post passing angles
    - b. Receiving
      - i. perimeter
      - ii. post
    - c. Dribbling - how and when
    - d. Shooting
      - i. lay-ins
      - ii. jump shooting
      - iii. post shooting
    - e. Screening
      - i. off the ball
      - ii. on the ball
    - f. Blocking out
      - i. on ball
      - ii. help side
  4. Rules of the Game of Basketball
  5. Competition
    - a. Pre-Conference Competition
    - b. Rules of Play

## Suggested Reading Other Than Required Textbook

NCAA Rulebook / Instructor Handouts

## **Examples of Required Writing Assignments**

Complete written summaries of team offenses and defenses and various types of game strategies.

## **Examples of Outside Assignments**

Practice skills. Participate in activities related to course lab. The student is expected to observe high level competition, analyze these performances and attempt to apply the observations in competition.

## **Instruction Type(s)**

Lab, Online Education Lab