

Podar Enrichment Academy

2011 - 12

SYLLABUS OF BASKETBALL

Lesson 01-05→ Introduction, Rules of the game, History, Concept of the game, Passing, dribbling and Shooting, Violations, traveling, Personal Fouls.

10 Mints→ Running (Start with the One full Round of Ground)
Warming up Exercises after Every Five Sessions increase one round of Ground

15 Mints→ Passing—two hands, Chess pass, Bounce pass, Over head pass.

15 Mints→ Dribbling and Shooting→ Basics

20 Mints→ Playing Game/Cooling down

Next...

Lesson 06-10→ Passing types, Violation→traveling, double dribbling, line-Cut; Defense

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's
After Every Five Sessions increase one round of Ground

15 Mints→ Violation→traveling, double dribbling, line-Cut
Shot Pass, Long Pass and Individual Skills (Fake—Feinting)

15 Mints→ Defense→ Man to man and Zone defense

20 Mints→ Playing Game/Cooling down

Next...

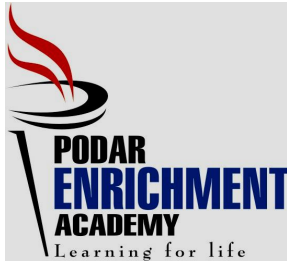
Lesson 11-15→ Violation→Lay up Shots, Personal Fouls, three Seconds and Offence

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's.
After Every Five Sessions increase one round of Ground

15 Mints→ Violations→ Lay up Shots, Personal Fouls, and Three Seconds.

15 Mints→ Offence→ Free lance -Set attack and Rebounding→ Offensive and defensive.

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 16-20→ Out of bound throws, Free throws, Stealing, abilities, shooting action

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's
After Every Five Sessions increase one round of Ground

15 Mints→ Out of bound throws, Free throws
Shooting action

15 Mints→ Abilities→ jumping abilities and Reaction abilities

20 Mints→ Playing Game/Cooling down

Next...

Lesson 21-25→ Spirit of the Basketball Game, Fair and unfair Play, Specific Lessons.
Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's
After Every Five Sessions increase one round of Ground

15 Mints→ Spirit Of the Basketball Game→ Game Situations and Planning, Match
Practice.

15 Mints→ what is a Fair and Unfair Play and Specific lesson, Formation and Match
Practice?

20 Mints→ Playing Game/Cooling down

Next...

Lesson 26-30→ Spirit of the Basketball Game, Fair and unfair Play, Specific Lessons.
Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's.
After Every Five Sessions increase one round of Ground

15 Mints→ Lectures and drills on maturity level and professionalism

15 Mints→ Spirit of the Basketball Game→ Game Situations and Planning

20 Mints→ Playing Game/Cooling down.

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