



Course Outline

2026-2027 Catalog

KIN 71 - Basketball II

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course builds upon the application of individual offensive and defensive fundamentals learned in level one play. Team play and strategy are the major focal points in this course. Components of individual play will be emphasized as inherent to team play and strategy.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate specific offensive and defensive techniques of individual and team play.
2. demonstrate offensive transition with the sequence of rebounding, passing, dribbling, and shooting.
3. list and explain individual and team strategies through film study.
4. identify and apply current offensive and defensive styles related to team play.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction and orientation		2.00
Evaluate current offensive and defensive individual fundamental skills		3.50
Building team defense from individual man to man on ball position		3.50
Building man to man team defense through relative position emphasis		6.50
Building team transition defense		4.00
Defensive rebounding from man to man defensive schemes		3.50
Building man team offense and defense		5.00
Building zone offense		5.50
Applying press offense vs. press defense		3.50
Offensive out of bounds plays		4.00
Defending out of bounds plays		4.00
Offensive and defensive repetition through scrimmaging and strategy application		6.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Research an article specific to the motion offense with drive and kick emphasis. Report your findings back in a one page paper.
2. Review an article specific to any team zone defense. Be prepared to discuss and demonstrate in small groups.

Writing Assignments

1. Write a 2-page essay describing Pete Newell's coaching philosophy.
2. Develop an offensive and defensive game plan for high school level play. Be prepared for a 5 minute presentation to the class.

Out-of-Class Assignments

1. Interview a local high school coach asking for information on their philosophy of coaching. Be prepared to discuss in class.
2. Observe a local high school or college basketball game paying close attention to offensive and defensive play and strategy. Be prepared to discuss in class.

Recommended Materials of Instruction

Wissel, Hal. (2011). Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series). *Human Kinetics, 3rd.*

Other Learning Materials

- a.) Athletic Apparel
- b.) Athletic or Basketball Shoes

Minimum Qualifications

Physical Education (Masters Required)
Coaching

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