

**SYLLABUS FOR POST OF COACH GRADE IV
FOR THE SPORTS DISCIPLINE OF
BASKETBALL**

PART-I

- 1. HISTORY OF BASKETBALL**
- 2. BASKETBALL TERMINOLOGY**
- 3. TOURNAMENT SYSTEM**
 - A. KNOCK OUT SYSTEM**
 - B. LEAGUE SYSTEM**
 - C. COMBINATON SYSTEM**
- 4. RULES AND REGULATION**
 - A. 5*5 RULES**
 - B. 3*3 RULES**
- 5. MARKING OF BASKETBALL COURT**
- 6. WARMING UP AND COOLING DOWN**
- 7. FUNDAMENTALS OF BASKETBALL**
 - A. PLAYER STANCE AND BALL HOLDING**
 - B. PASSING AND RECEIVING**
 - C. DRIBBLING**
 - D. SHOOTING**
 - E. REBOUNDING**
 - F. INDIVIDUAL DEFENSE**
 - G. BODY TECHNIQUE AND FOOTWORK**
- 8. OFFENSIVE GROUP TACTICS**
- 9. DEFENSIVE GROUP TACTICS**
- 10. INTRODUCTION TO TEAM TACTICS**
- 11. TALENT IDENTIFICATION**
- 12. PLANNING OF SESSION**



PART-II

1. WARMING UP AND COOLING DOWN

2. PLAYER STANCE AND BALL HOLDING

3. PASSING AND RECEIVING

- A. CHEST PASS**
- B. BOUNCE PASS**
- C. OVERHEAD PASS**
- D. ONE HAND PUSH PASS**

4. DRIBBLING

- A. START AND STOP OF DRIBBLE**
- B. CHANGE OF DIRECTION USING FRONT CROSSOVER DRIBBLE**
- C. CHANGE OF DIRECTION USING FRONT BETWEEN THE LEGS DRIBBLE**
- D. CHANGE OF DIRECTION USING FRONT BEHIND THE BACK DRIBBLE**

5. SHOOTING

- A. SET SHOT**
- B. JUMP SHOT**
- C. ONE HAND OVERHEAD LAY-UP SHOT**
- D. ONE HAND UNDERARM LAY-UP SHOT**

6. REBOUNDING

- A. OFFENSIVE REBOUNDING**
- B. DEFENSIVE REBOUNDING**

7. INDIVIDUAL DEFENSE

- A. ON THE BALL DEFENSE**
- B. OFF THE BALL DEFENSE**



- C. GUARDING THE CUTTER
 - D. GUARDING THE STATIONARY POST PLAYER
8. RECEIVING THE BALL WITH V CUT
9. INDIVIDUAL TACTICS FROM PERIMETER
- A. JAB AND ONSIDE/ CROSSOVER DRIVE
 - B. JAB AND SHOOT
 - C. JAB, SHOT FAKE AND DRIVE
10. INDIVIDUAL TACTICS FROM POST
- A. MUSCLE SHOT
 - B. BANK BOARD SHOT
 - C. CROSSOVER SHOT
11. OFFENSIVE TACTICS OF ON THE BALL SCREEN
- A. BASKET BY BALL MAN
 - B. BASKET BY SCREENER
12. DEFENSIVE TACTICS OF ON THE BALL SCREEN
- A. OVER
 - B. SWITCH
13. OFFENSIVE TACTICS OF OFF THE BALL SCREEN
- A. CURL CUT
 - B. FLARE CUT
14. DEFENSIVE TACTICS OF OFF THE BALL SCREEN
- A. LOCK AND TRAIL
 - B. SWITCH
15. COURT MARKING
16. PREPARING LESSION PLAN

