

The Chinese University of Hong Kong P.E. Unit Basketball Course Content

Week	Lesson 1	Lesson 2
1	<ol style="list-style-type: none"> 1. Class Regulation 2. Course Content introduction 	<ol style="list-style-type: none"> 1. Ball sense exercise 2. Footwork and movement 3. triple-threat position 4. pass and receiving skills
2	<ol style="list-style-type: none"> 1. Revision for pass and receiving skills 2. Moving pairs passing & catching 3. Off ball Movement 4. Off ball Movement and Passing 5. Dribbling (High, Control, Cross dribble) 	<ol style="list-style-type: none"> 1. Revision for dribbling 2. Introduction of 1 and 2 motion shot 3. Set shots (one-hand and two-hand) 4. Jump shot
3	<ol style="list-style-type: none"> 1. Revision for shots 2. Lay-up shots(overhand / underhand) 3. Drive and lay-up shots 4. Two-man lay-up 5. 1 on 1 / 2 on 2 	<ol style="list-style-type: none"> 1. Revision for lay-up shot 2. defensive footwork 3. Defence on /off the ball 4. Basic Man to man defence and Zone defence 5. 2 on 2
4	<ol style="list-style-type: none"> 1. Revision for two-man lay-up 2. Rebounding 3. Blocking and rebounding 4. Introduction of 3 on 3 Basketball 	<ol style="list-style-type: none"> 1. Revision for blocking and rebounding 2. Fast-break 3. 3 on 2 and 2 on 1 4. Full court 3 on 3 (using secondary court)
5	<ol style="list-style-type: none"> 1. Revision for 3 on 2 and 2 on 1 2. Basic passing game (A)- Give-and-go 3. Full court 4 on 4 	<ol style="list-style-type: none"> 1. Revision for Give-and-go 2. Basic passing game (B)- Penetrate and pass 3. Full court 4 on 4
6	<ol style="list-style-type: none"> 1. Revision for Passing games 2. Basic passing game (C)- Screening 3. Full court 4 on 4 	<ol style="list-style-type: none"> 1. Revision for Passing games 2. Basic passing game (D)- Flash 3. Full court 4 on 4
7	<ol style="list-style-type: none"> 1. Revision for Passing games 2. Low post skills introduction 3. High post skills introduction 4. Full court 4 on 4 5. Basic Zone defence 	<ol style="list-style-type: none"> 1. Revision for High / Low post skills 2. Defensive situation (A) – squeeze, fight over, slide through 3. Full court 5 on 5
8	<ol style="list-style-type: none"> 1. Revision for Defensive situation (A) 2. Defensive situation (B) – Help, trap, recover 3. Full court 5 on 5 	<ol style="list-style-type: none"> 1. Basic rules (violation & Foul) 2. Revised traveling rules (0 1 2 step) 3. Basic referee signals 4. Full court 5 on 5 (Zone defence) 5. Basic inbound tactics
9	<ol style="list-style-type: none"> 1. Basic rules (Violation & Foul) 2. Full court 5 on 5 (man-to man) 3. Basic inbound tactics 	<ol style="list-style-type: none"> 1. Refereeing 2. Full court 5 on 5
10	Revision and 3 on 3 Basketball	Revision and Game

11	Revision and Game	Revision and Game
12	Examination	Examination
13	Examination	Examination and Course Evaluation