

Gurukul Educational And Research Institute



SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,
DEHRADUN, UTTARAKHAND PIN CODE - 248013



Contact@geritharidwar.org

BASKETBALL COURSE (1 YEAR)

 Duration: 1 Year

 Mode: Theory + Practical

Based on rules of FIBA

THEORY SYLLABUS

1 Introduction to Basketball

- History of Basketball
- Court Dimensions
- Equipment Knowledge (Ball, Hoop, Backboard)
- Player Positions (Guard, Forward, Center)

2 Rules of the Game

- Team Composition (5 Players)
- Scoring System (2 Point, 3 Point, Free Throw)
- Fouls & Violations (Traveling, Double Dribble)
- Shot Clock Rule
- Role of Referee

3 Sports Fitness & Nutrition

- Warm-up & Stretching
- Diet Plan for Players
- Injury Prevention
- First Aid in Sports

4 Coaching & Tournament Management

- Match Organization
- Score Sheet Knowledge
- Team Strategy & Leadership Skills

PRACTICAL SYLLABUS

1☐ Basic Skills

- Dribbling
- Passing (Chest Pass, Bounce Pass)
- Shooting Techniques
- Lay-up Practice

2☐ Advanced Skills

- Defense Techniques
- Rebounding
- Fast Break Strategy
- Zone & Man-to-Man Defense

3☐ Physical Training

- Speed & Agility Drills
- Jump Training
- Endurance Practice





4☐ Match Practice

- Practice Matches
- Team Coordination
- Game Strategy Implementation

Examination Pattern

- Theory – 30 Marks
- Practical – 60 Marks
- Physical Test – 10Marks

Certificate

-  1 YearDiplomainBasketball
-  Professional Coaching & Training
-  Annual Examination
-  Sports Certificate

