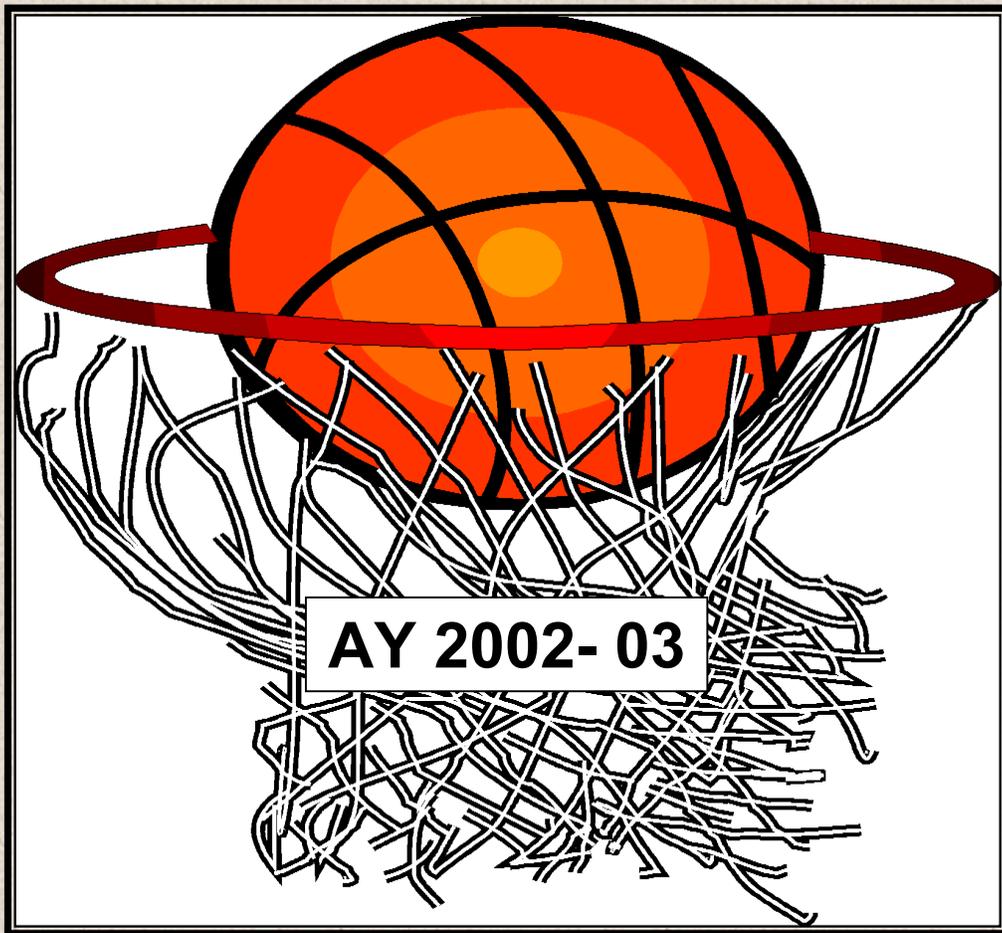




UPPERCLASS BASKETBALL



Department of Physical Education
UNITED STATES MILITARY ACADEMY
WEST POINT, NEW YORK

The purpose of the United States Military Academy is to provide the nation with leaders of character who serve the common defense¹.

The Academy mission is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country; professional growth throughout a career as an officer in the United States Army; and a lifetime of selfless service to the nation².

MISSION OF THE PHYSICAL DEVELOPMENT PROGRAM

The Physical Development Program mission is to inspire, motivate, and develop cadets through a progressive and sequential program, to be leaders of character who are physically and mentally prepared for a career in the Army and a lifetime of fitness and well-being.

COURSE INFORMATION

Upperclass Basketball can be used to satisfy the Lifetime Sport requirement for First Class Cadets and the elective for Second Class cadets.

- Instructors:
 - Dr. Ralph Pim, Instructor, Subject Matter Expert
Scott Barracks 5452
Phone: 938-3864
 - MAJ Artie Coughlin, Class Coordinator
Scott Barracks 5434
Phone: 938-2723
 - MAJ Hank Taylor, Instructor
Scott Barracks 5431
Phone: 938-7737
 - CPT Kevin Lambert, Instructor
Scott Barracks 5323
Phone: 938-2054
- Class time and location
 - Round 1 – 4, D, E, J, & K hours
 - Gillis Field house

¹ USMA Cir 1-101

² USMA Cir 1-101

COURSE DESCRIPTION

This course is designed to provide the student with the skills and knowledge to play, coach, and officiate basketball. It is intended to assist students in developing fundamental skills for playing as well as nurturing an appreciation for basketball as a lifetime sport. In addition, the leadership skills of coaching and officiating basketball will be learned.

INSTRUCTIONAL GOALS

Upon completion of this course, students shall be able to:

- Demonstrate each of the fundamental playing skills of the game (stance, steps, pass and catch, FG and FT shots, rebounds, screens and cuts, individual defense, and individual offense)
- Improve individual playing skills
- Coach and teach the fundamental skills (demonstrate, use critical cues, give player feedback)
- Coach players in basic team offensive and defensive team play
- Describe and apply the basic rules of the game
- Demonstrate basic knowledge and skills needed to officiate basketball games
- Demonstrate an appreciation for basketball by coaching or officiating intramural basketball as an upperclass sport leadership experience.

COURSE CALENDAR

DATE	LESSON	TOPIC	ASSIGNMENT
19 August	1	Play/Coach: Stance, Starts, Stops, Steps, Pass & Catch	Rules changes, points of emphasis
21 August	2	Officiate: Tools, lines/areas of responsibility, lead/trail, signals Play/Coach: Dribbling, Layups Skill Evaluation: Stance/Start, Stop/Turn	
23 August	3	Officiate: Fouls, Violations Play/Coach: FG progression 1 Skill Evaluation: Layups	BEEF Rule 1
27 August	4	Officiate: Out-of-Bounds Play/Coach: FG progression 2	ROBOT Rule 2
29 August	5	Officiate: FT Administration Play/Coach: Chinit Skill Evaluation: Pass & Catch	
3 September	6	Officiate: Jump Ball Administration Play/Coach: Rebounding	Rule 3
5 September	7	Officiate: Definitions Play/Coach: Individual Defense, Defensive Rebounding Skill Evaluation: FG Progression	Rule 4
9 September	8	Officiate: Definitions Play/Coach: Live Ball Moves Skill Evaluation: FG Progression	
11 September	9	Officiate: Scoring/Timing Play/Coach: Catch & Face Off, Off Ball Defense Skill Evaluations: Rebounding	Rule 5

13 September	10	Officiate: Live Ball – Traveling Play/Coach: Inside Moves Skill Evaluations: Live Ball Moves	Rule 6
17 September	11	Officiate: Out-of-Bounds Play/Coach: Pass & Cut Offense	Rule 7
19 September	12	Officiate: Free Throw Play/Coach: Individual Defense Skill Evaluation: Post Defense Officiate Evaluation:	Rule 8
27 September	13	Officiate: Violations Play/Coach: Screens on Ball Officiate Evaluation:	Rule 9
1 October	14	Officiate: Penalties Play/Coach: FT Shooting Officiate Evaluation:	Rule 10
3 October	15	Play/Coach: Transition Rule Skill Evaluation: FT Progression Officiate Evaluation:	Officiating Review
7 October	16	Play/Coach: Screens Off Ball Skill Evaluation: Off Ball Defense Officiate Evaluation:	Officiating Review
9 October	17	Play/Coach: Off Ball Screens Skill Evaluation: Off Ball Defense, Live Ball Moves Officiate Evaluations:	
11 October	18	Officiating Evaluation: Complete Skill Evaluation: Complete Term End Exam After Action Review	Complete All Makeups

REQUIREMENTS/ACTIVITIES/EVALUATION

The class objectives will be met through a variety of teaching and learning techniques; skill demonstrations, skill drills, individual team activities, competition, quizzes and peer coaching.

Grading for the course is based upon:

FINAL GRADE	OBJECTIVES
30%	Written term end examination (playing principles and cues = 30% Coaching principles and cues = 30% Officiating rules and interpretations = 40%)
20%	Officiating examination – demonstration of mechanics, techniques and rule applications during game play
30%	Performance Skill Test – practical demonstration of critical fundamental skills
10%	Skill demonstrations – all fundamental playing skills (peer evaluation)
10%	Final Reflective Statement

MATERIALS -- RESOURCES

- *Upperclass Basketball Syllabus/Course Notebook* -- each student is expected to take daily notes on class briefings.
- *NCAA Men's and Women's Basketball Rules Book* – (<http://www.ncaa.org/>)
- Individual student notebook (required) –*Basketball Skills & Drills*, Krause, Meyer & Meyer, Human Kinetics Publishers, 1999.

UPPERCLASS BASKETBALL KNOWLEDGE OBJECTIVES FOR WRITTEN EXAM

PLAYING – 30%

1. Identify and describe basic principles of each basketball fundamental skill.
2. State critical performance cues for each basketball fundamental skill.

COACHING – 30%

1. State critical cues for each fundamental skill.
2. Identify and describe basic principles for offensive and defensive strategies.
 - Team offense
 - Team defense
 - Special situations (free throws, out-of-bounds, jump ball, last second plays)

RULES AND OFFICIATING – 40%

1. Apply official basketball rules to game situations.
2. Interpret basketball rules for specific game situations.
3. Define basic rules terminology.

BASKETBALL GRADING SCALE

GRADE	POINTS
A+	950-1000
A	920-949
A-	890-919
B+	860-889
B	830-859
B-	800-829
C+	770-799
C	740-769
C-	710-739
D	650-709
F	0-649

BASKETBALL CLASS SEQUENCE

Due to the variety presented in the class outline, it is difficult to set forth specific time allocations for each class. The primary instructor will be responsible for ensuring that all required instruction is presented within the allotted time. General sequence guidelines are as follows:

PRIOR TO CLASS	Warm-up/stretching Field goal shooting (FG progression) Free throw shooting
CLASS BEGINS	Accountability formation/admin instructions Briefing: rules, officiating, playing, coaching skills, and drills Team play/officiating
CLASS ENDS	Dismissal formation/instructor closing comments

BASKETBALL SAFETY CONSIDERATIONS

Nature of the Activity

This activity is designed to provide the cadet an opportunity to acquire fundamental playing, officiating, and coaching skills in basketball, to develop physical fitness, to participate in healthful, vigorous recreation, and to utilize numerous opportunities to develop leadership qualities. Specifically, the activity requires quick and explosive starts, stops, changes of direction, and leaps into the air. The game is played at an extremely fast pace and body contact is inevitable. Proper warm up and cool down exercises are necessary to prevent injury. Also, progressive training and physical conditioning will be necessary to safeguard from injury.

Purpose of the Warning

The purpose of the following information is to inform the cadet of the risk of potential injury in basketball. When a cadet participates in a physical activity, especially an activity involving many quick and uncertain movements, the risk appears high. Information, regarding proper conditioning, training, and safety are shared in hopes of creating a more enjoyable and productive experience. Describing all potential injuries that a cadet may sustain while participating in basketball is not conceivable, but utilizing the proper execution of fundamentals, basic instruction, and care of equipment is imperative for the safety and enjoyment of those participating.

Activity Risk Assessment Form - Basketball

Risk Identification	Reduction Strategies
- foot blisters	<ul style="list-style-type: none"> - insist all cadets wear proper basketball court shoes - insist cadets wear serviceable socks
- sprained ankles	<ul style="list-style-type: none"> - inspect court for dirt, slick, and wet spots - inspect court for trip hazards before practice and play - insist all cadets wear proper basketball court shoes (encourage the use of hightops to improve ankle support) - Properly store basketballs when not in use
- injuries to the eyes	<ul style="list-style-type: none"> - encourage the use of safety straps for eyeglasses or goggles
- injuries due to falling goals	<ul style="list-style-type: none"> - insure portable goal posts are properly secured and locked in a fully extended position - insure all goals have a safety strap
- head injuries	<ul style="list-style-type: none"> - teach proper offensive and defensive techniques - strictly enforce basketball rules regarding common, technical, and intentional fouls - insist that cadets roll balls when distributing for practice/drills - do not permit horseplay
- cuts and lacerations	<ul style="list-style-type: none"> - do not permit jewelry of any kind while participating in activity
- injuries to mouth and teeth	<ul style="list-style-type: none"> - encourage cadets to wear a mouthpiece
- muscle, tendon and ligament injuries	<ul style="list-style-type: none"> - insist on proper warm-up and stretching prior to activity - encourage cadets to participate in a physical conditioning program to increase flexibility, strength and endurance
- dehydration	<ul style="list-style-type: none"> - ensure cadets drink plenty of fluids before, during, and after activity
- choking hazards	<ul style="list-style-type: none"> - do not permit cadets to chew gum or tobacco while participating in activity
- miscellaneous injuries	<ul style="list-style-type: none"> - teach sound/proper technical basketball techniques - check surrounding area of court for obstructions/hazards - ensure walls and/or bleachers are padded outside each end line - ensure backboard and backboard support (if applicable) padding is present and serviceable

Upperclass Basketball Safety Procedures

1. Supportive court shoes are essential in preventing ankle and leg injuries. At no time will cadets be on the court in running shoes.
2. Horseplay will not be tolerated on the court. (Note: Playing “HORSE” may be appropriate.)
3. Officiating must be monitored closely to ensure that “rough playing” does not lead to injuries or unsportsman-like conduct.
4. As in NCAA rules, players may grasp or hang on the rim only if fouled or to avoid an obvious injury to himself or another player.

BASKETBALL ADDITIONAL INSTRUCTION PROCEDURES

1. Additional instruction may be provided before or after class by appointment with the instructor.
2. If it is impossible for a cadet to come before or stay after class, the instructor will arrange a mutually convenient time to provide additional instruction.

**UNITED STATES MILITARY ACADEMY
UPPERCLASS BASKETBALL
SKILL DEMONSTRATION EVALUATION SHEET**

SKILL	MAXIMUM PTS AVAILABLE	POINTS EARNED	PEER INITIALS
1. Basketball Stance/Steps - (16 pts) Offensive Quick Stops/Quick Start Quick Stops/Quick Turn Defensive - On the Ball Stance/Start Slide/Run	4 4 4 4		
2. Pass & Catch - (8 pts) Passing - Push Catch - 2 Hand	4 4		
3. Shooting - (35 pts) Field Goal Progression Form Shots Killer Shots Circle Shots Shots from Pass Shots from Dribble Free Throw Progression Layup Low Post Power Move	4 4 4 4 4 5 5 5		
4. Screens & Cuts - (12 pts) Pick & Roll Wait/wait, shoulder/shoulder, two dribble draw Loud/low/legal, half turn, follow ball, slide to basket Pass, Cut / Give and Go	8 4		
5. Defense - (21 pts) Off Ball to on Ball Closeout, Blockout, Rebound & Chinit Off the Ball Deny/Closed Stance Helpside Defense/Open Stance Post Defense Ball Above Foul Line Ball Below Foul Line Ball in to post player	8 4 4 5		
6. Offense Live Ball Moves - (8 pts) Direct Drive Crossover Drive	4 4		

TOTAL POINTS 100

Total Point = _____

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UPPERCLASS BASKETBALL

Officials Evaluation Form

NAME _____ SECTION _____ DATE _____

GAME _____ vs _____ EVALUATOR _____

ALWAYS = 5 ALMOST ALWAYS = 4 SOMETIMES = 3 ALMOST NEVER = 2 NEVER = 0

GAME LEADERSHIP: (25 Points)

- Takes charge
- Whistle short and sharp
- Command voice
- Immediately reacts and makes call in assigned area
- Court awareness, teamwork with partner

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POSITIONING: (25 Points)

- Lead and trail position
- Free Throws
- Box in player during throw in
- Switch lead/trail after each foul
- Never turn back to ball

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MECHANICS: (25 Points)

- Violation, whistle, raised open hand
- Foul, whistle, raised fist, bird dog
- Raised hand to chop in time (throw-in, after free throw)
- Proper signals at spot of foul & score table (color, number, foul, penalty)
- Properly indicates three-point attempt and made basket

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KNOWLEDGE OF RULES: (20 Points)

- Uses only official basketball signals
- Uses only official basketball names for violations
- Uses only official basketball names for fouls

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INDIVIDUAL QUALITIES: (5 points)

- Poise, confidence, hustle

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TOTAL _____
(100 points X 2.0 = 200 Total)

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UPPERCLASS BASKETBALL
Performance Evaluation Form

NAME _____ SECTION _____ DATE _____

FT Shooting Test
(Best out of 10)

Number FTs Made	Points
10	100
9	97
8	93
7	90
6	85
5	75
4	65
3	50
2	40
1	25
0	0

Speed Dribble Test
(Weave)

TIME (sec)	Points
9.30 – 10.50	100
10.49 – 11.50	97
11.49 – 12.00	93
12.01 – 12.15	90
12.16 – 12.50	88
12.51 – 13.15	85
13.16 – 13.50	80
13.51 – 14.59	75
15.00 – 15.59	65
16.00 – 16.99	50
>17	25

One Minute Rapid Shooting Test

Number Baskets Scored	Points
≥23	100
19 - 22	97
16 - 18	93
13 - 15	90
11 - 12	85
10	75
9	65
8	50
7	40
6	25
≤5	0

1. FT Shooting Test Score	= _____
2. Speed Dribble Test Score	= _____
3. 1 Min Shooting Test Score	= _____
TOTAL = _____ / 300	

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LESSON 1

INTRODUCTION

Check roll

Assign section marcher, assistant section marcher, and equipment person

Handout course manual and rule books (signature)

ORIENTATION

Class purposes:

- Improve playing skills (demonstration skills)
- Develop coaching skills
- Improve rules knowledge
- Develop officiating skills

Note course objectives, grading criteria

Daily briefing, take notes, enhance course notebook

Theme for the Day: Basketball is a game of balance and quickness.

History

- American game invented by a Canadian
- James Naismith, 1891, Springfield, MA

SKILLS & DRILLS

Practice

- Line drill for warm-up and development of fundamentals

Quick Stance – offensive triple threat (TT)

- Weight on whole foot, heels down, joints flexed, pit the ball
- Use of whistle – all players assume quick stance

Q Stance to change-of-pace run (slow to quick)

Q Stance to Q Start to Q Stop at FT line to Q Turns

- Q start – front foot first, back foot pivot
- Q stop – one foot hop to two foot stop (one count/floor is your friend)
- Q turn – keep head level, lead with elbow, rear turn (take rear to the rear), front turn (front to the front)

Q Stance (O-TT) to 90° change of direction (V cut or offensive zigzag)

- Plant outside foot, step and point 90° with inside foot
- Slow into V cut, quick out of turn
- Hands up out of V cut to receive pass
- Move in irregular patterns

Passing and Catching

- Pass with feet on floor/quick (pass with ping)/(spot target)
- Catch – feet off floor/catch with eyes/both hands
- One hand push or flip (most important pass) – side of body (air/bounce)
- Two hand – thumbs up to thumbs down
- Overhead – thumbs back to thumbs forward, ball directly overhead
- Baseball – throw from ear, pull string (fake), both hands on ball

Q Jumps to FT line, ½ line opposite FT line

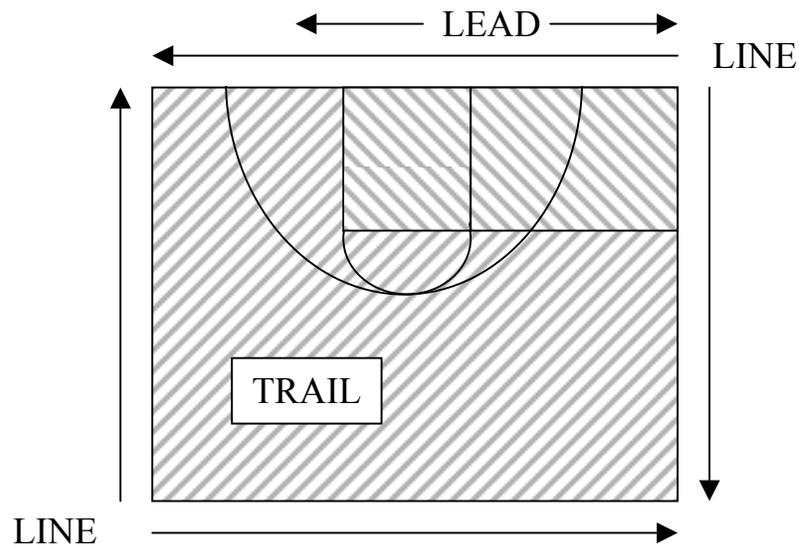
- Q stop, arms up, inside circle pattern with hands, jump with 2 feet and 2 hands

LESSON 2

BRIEFING

Officiating:

- Tools – whistle (short, sharp)
 - voice (command, slow)
 - signals (fist for foul, open hand for violation)
- Lines of responsibility
- Areas of responsibility



- Lead official – inside/ahead oriented
- Trail official – outside/behind oriented
- Fist and bird-dog (foul), open hand (violation) signals

Skills and Drills review:

- Theme – balance, quickness
 - do it right (first), quick (later)
- Quick stance and steps

SKILLS & DRILLS

Four lines warm-up and review:

- Change-of-pace
- O zag
- Q stance to Q start to Q stop to Q turn
- Pass and catch (push, 2 hand, overhead)

Addition – dribbling

- Touch skill (see the net), protect ball (arm bar)
- Low/control dribble – slide, slow run
- High/speed dribble – sprint, vision
- Crossover dribble – offensive zag with low/crossover dribble
- Spin dribble – quick stop, rear turn, pull ball

Addition – lay-ups

- Pit the ball away from defender, high jump from opposite foot, same side foot and hand up, hand behind ball, soft off board
- Four lines – one step (pit ball), run, dribble and shoot (hold follow through)

EVALUATION (PAIRS)

Grade ratings - # and signature (2 points/skill, 2 points/coaching points, 1 point/bonus)

- 3 – satisfactory
- 4 – excellent
- 5 – superior
- (demo and coaching points)

Q-stance, start, stop, turn

LESSON 3

BRIEFING

Rules and Officiating:

- Hand out quiz #1
- Tools review (whistle, voice, signals)
- Foul technique – color, # foul, penalty
- Violation technique – open hand signal, color, direction

Play and Coach:

- FG progression – teach self, 5 reps, 5 stations
- Acronym – balance, eyes, elbow, follow through (BEEF)
- Theme – practice makes permanent

SKILLS & DRILLS

Line:

- Foul call (officials), change of pace, O zag (add pullback crossover), D zag

FB lay-ups:

- FG progression – slams, form, killer

SKILL EVALUATION - PARTNERS

Lay-ups

On ball defense - stance/start

LESSON 4

BRIEFING

Rules & Officiating:

- Pick up quiz #1
- Out-of-bounds administration – box in players
 - keep ball away
 - eye contact with partner
 - players must stay on spot
 - 5 sec. count and time chop-in

Play & Coach:

- FG progression – add acronym (ROBOT)
 - Range > 50%
 - Open/no hand in face
 - Balance
 - One count shot
 - best Team shot

SKILLS & DRILLS

Line:

- Officiate (fouls/violations)
- O zag, D zag, O-D zag (add run)
- Jump shots (J's)

FG progression

- Circle/pass (precede with pass pickups)/dribble (precede with dribble pickups)

PLAY & OFFICIATE

3 on 3, 4 on 4

First rotation of officiating

LESSON 5

BRIEFING

Rules & Officiating:

- Hand out quiz #2 – Rules 1, 2
- FT administration - call foul (ID player) and partner freeze
 - switch on all fouls
 - out official – opposite scorer and administers first FT
 - under official – close to scorer on baseline
 - lane responsibilities and signals

Play and Coach:

- FG progression in prepractice (stance/form/killer)
- Chin-it technique – fingers up, elbows out – theme for the day

SKILLS & DRILLS

1 line

J's/O rebound/O zag/D zag/O-D zag

FG progression

- Circle/pass/dribble

SKILL EVALUATION

Pairs

Pass-catch (one hand push pass only)

PLAY & OFFICIATE

Rotation #2 of officiating

LESSON 6

BRIEFING

Rules & Officiating:

- Pick up quiz #2
- Starting the game with a jump ball
referee – toss ball, no whistle, freeze to trail
umpire – scorer, start clock, whistle, to lead

Play & Coach:

- Most important rebounding principle is *assume*- theme for the day
- Most important rebound technique is *chin-it*

SKILLS & DRILLS

Line

- J's/O rebound/O-D zag – review run

FG progression

- Complete review

O rebound garbage drill (assume)

- Chin and score
- Chin/false and score
- Overheads
- 1 on 1 competition

Rules: score in paint, no dribble, can pass to coach, penalize only severe fouls

PLAY & OFFICIATE

Rotation #3 of officiating

LESSON 7

BRIEFING

Rules and Officiating:

- Hand out quiz #3 – Rule 3, 4

Play & Coach: Defense

- On ball – ball, you, basket
- Off ball – ball, you, player (closed, open)
- Off ball to on ball – close-out technique
- Defensive rebounding

SKILLS & DRILLS

Line

- J's/O rebound/D zag (slide-run)

FB lay-ups

1 on 1 close-out/block-out

- Close-out to prevent drive
- Shot call, go to contact
- Hands up, elbows @ shoulder level
- Go to ball and chin-it

SKILL & EVALUATION - PAIRS

FG progression - all

LESSON 8

BRIEFING

Rules & Officiating:

- Pick up quiz #3

Play & Coach:

- Live ball moves (permanent pivot foot)
- Direct drive
- Crossover
- Game shots @ game spots @ game speed

SKILLS & DRILLS

Line

- J's/Def rebounds/live ball moves

FB lay-ups

1 on 1 close-out pairs

PLAY & OFFICIATE

Second rotation (#1) of officiating

LESSON 9

BRIEFING

Rules & Officiating:

- Hand out quiz #4 – Rule 5, 6
- Rule 4 – Definitions

Play & Coach:

- Review defense off the ball (closed and open stance)
- Catch and face on offense (use turns)

SKILLS & DRILLS

Line - selected

1 on 1 close-out, 3 on 3 close-out, 3 on 3 full court

SKILL EVALUTION

Rebounding

PLAY & OFFICIATE

Second rotation (#2) of officiating

LESSON 10

BRIEFING

Rules & Officiating:

- Pick up quiz #4

Play & Coach:

- Offensive low post play (create contact, post stance, post line)
- Power move

SKILLS & DRILLS

FB lay-ups

Post play – 2 on 0 to power move

2 on 0 V cut and live ball move

SKILL EVALUTION

Live ball moves

PLAY & OFFICIATE

Second rotation (#3) of officiating

LESSON 11

BRIEFING

Rules & Officiating:

- Hand out quiz #5

Play & Coach:

- Review offensive post play
- Add J
- 3 on 0 offense – pass and cut (give and go)

SKILLS & DRILLS

Line drill - selected

Post play – 2 on 2 dummy defense (3's)

3 on 0 pass and cut

PLAY & OFFICIATE

Third rotation of officiating – preparation day

LESSON 12

BRIEFING

Rules & Officiating:

- Pick up quiz #5
- Rule 7 – Out of bounds and throws-ins

Play & Coach:

- Review defense (add screens)

SKILLS & DRILLS

FB lay-ups – left hand

4 on 4 defense – shell

- Ball movement
- Ball and player movement

SKILL EVALUATION

Post defense

PLAY & OFFICIATE

Team #1 officiate - graded

Team #2 vs team #3

LESSON 13

BRIEFING

Rules & Officiating:

- Hand out quiz #6 – Rule 9, 10

Play & Coach: screens on the ball

- Pick/screen for shot
- Roll (on switch)

SKILLS & DRILLS

3 on 0 full court

2 on 2 screens on the ball

PLAY & OFFICIATE

Team #1 officiate - graded

Team #2 vs team #3

LESSON 14

BRIEFING

Rules & Officiating:

- Pick up quiz #6
- Rule 9 – Violations and penalties

Play & Coach:

- Review screens on the ball
- FT shooting – why, what, how

SKILLS & DRILLS

FT shooting

Screens on the ball

PLAY & OFFICIATE

Team #2 officiate - graded

Team #1 vs team #3

LESSON 15

BRIEFING

Rules & Officiating:

- Rule 10 – Fouls and penalties

Play & Coach: screens on the ball

- Teach self to shoot (FG, FT)
- FT review
- Transition rule (O to D)

SKILLS & DRILLS

FB lay-ups

5 on 0 skeleton offense and transition

SKILL EVALUATION

FT PROGRESSION

Defense close-out

PLAY & OFFICIATE

Team #2 officiate - graded

Team #1 vs team #3

LESSON 16

BRIEFING

Rules & Officiating:

- Questions

Play & Coach: screens off the ball

- Setting
- Using

SKILLS & DRILLS

Line

3 on 0 – screens off the ball

SKILL EVALUATION

Off ball defense

PLAY & OFFICIATE

Team #3 officiate - graded

Team #1 vs team #2

LESSON 17

BRIEFING

Rules & Officiating:

- Questions

Play & Coach:

- Review off ball screens
- General offense

Intramurals – coach or officiate

Lifetime sport

Written exam announcements

SKILLS & DRILLS

Line drill

3 on 0, 3 on 3 full court (no dribble)

3 on 3 screens off the ball

SKILL EVALUATION

Off ball defense

Direct drive, crossover drive

PLAY & OFFICIATE

Team #3 officiate - graded

Team #1 vs team #2

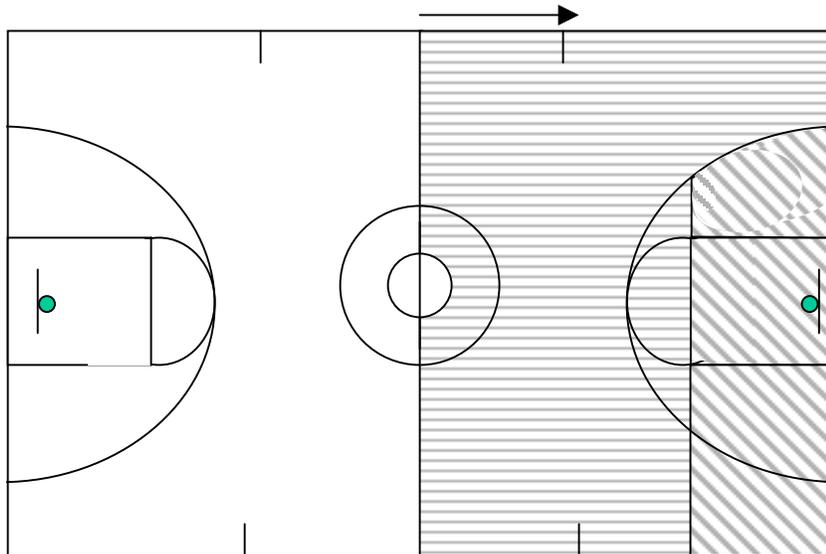
LESSON 18

BRIEFING
Written exam directions AAR directions
WRITTEN EXAM
EXIT INTERVIEW
Exam/AAR Basketball Pledge

OFFICIALS MECHANICS

PRIMARY ASSIGNMENTS FOR LEAD AND TRAIL OFFICIAL

- Trail-free throw line to midline and three point range to baseline and left side of court
- Lead-free throw line to baseline minus three point range to baseline and left side of court
- Both officials may indicate a 3-point attempt, but both must give signal for successful 3-point attempt; the lead will mirror the trail's 3-point signal on most successful attempts.

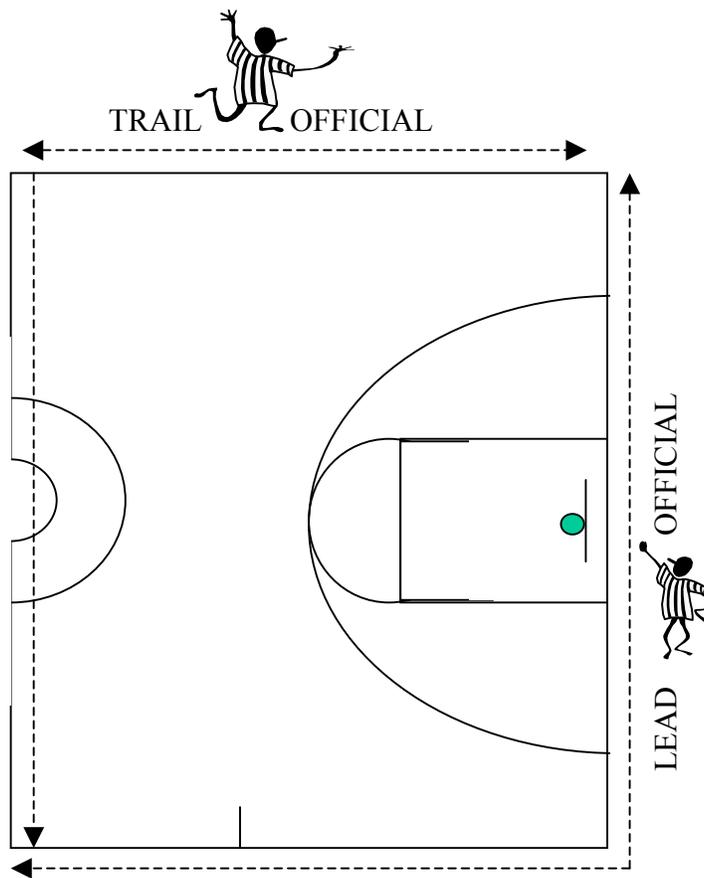


SHOOTING ASSIGNMENTS

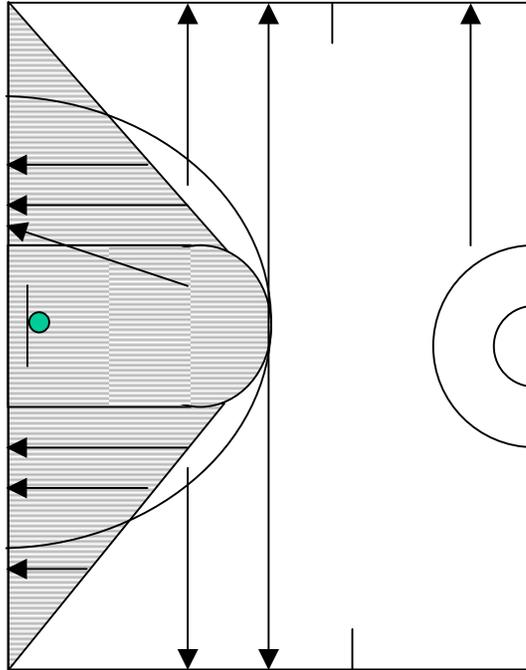
- Official having the shooter stays with shooter until there is no chance of a foul
- Move to best cover rebounding

FRONT COURT BOUNDARY COVERAGE-“L” SHAPED COVERAGE

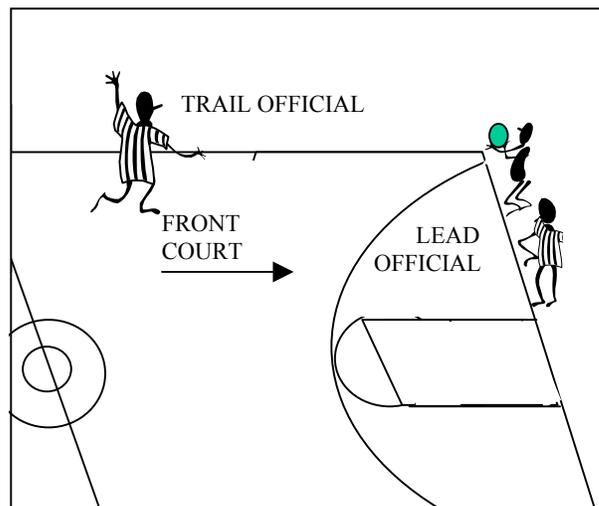
- Trail-midline and left sideline
- Lead-baseline and right sideline
- Lead official should take position several feet off the endlines to provide a wider vision of play in that area.

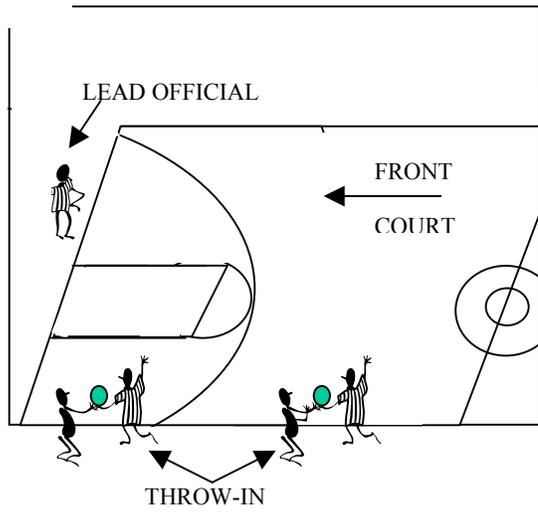
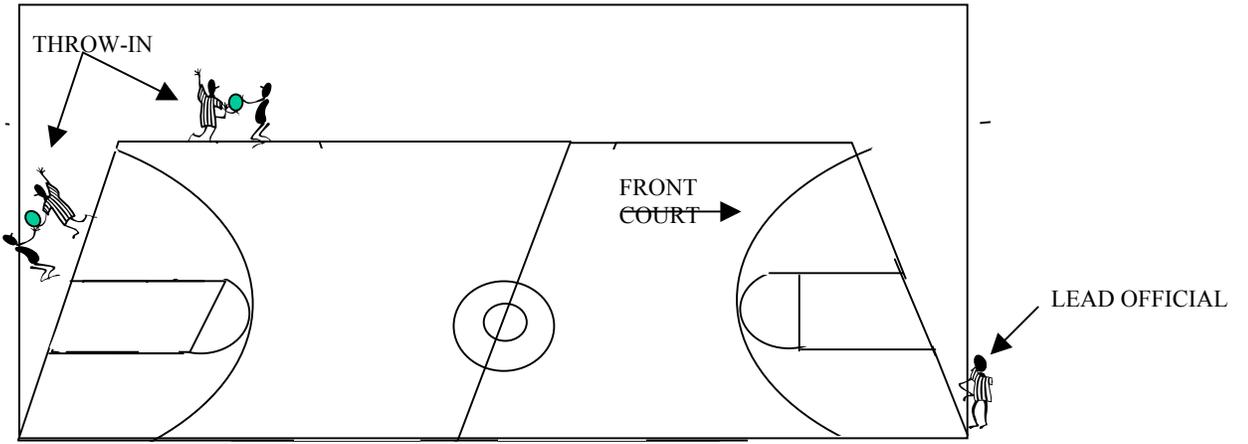
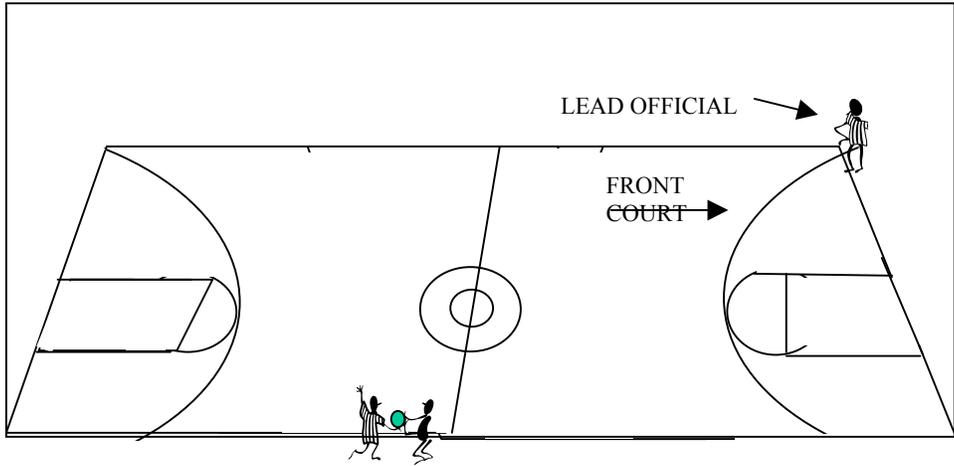


THROW-IN SPOTS BASED ON LOCATION OF FOUL OR VIOLATION



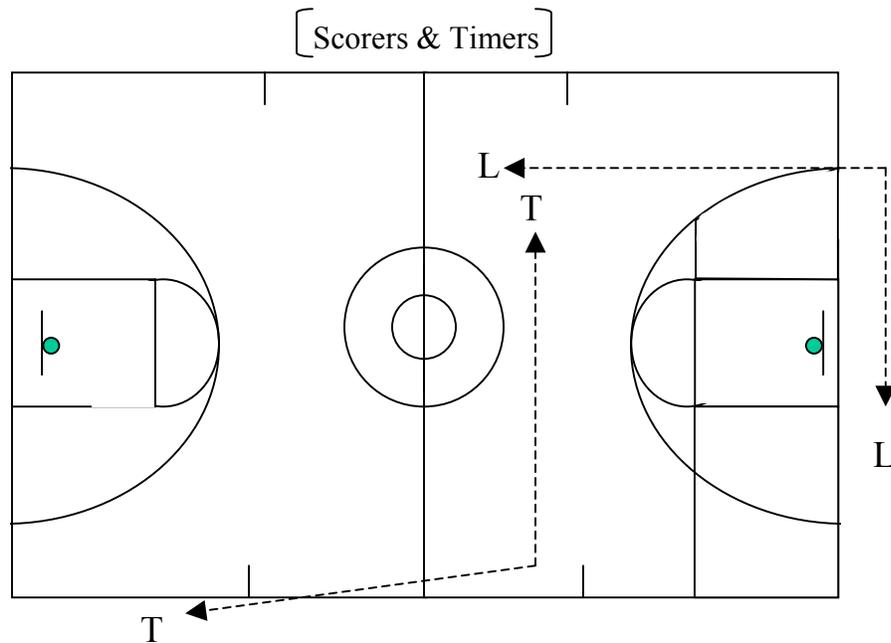
Use the “Boxing-in” method on all throw-ins to ensure full coverage of both sidelines and end lines. Make eye contact with your fellow official to ensure he is ready and in position prior to handing the ball to the throw-in.





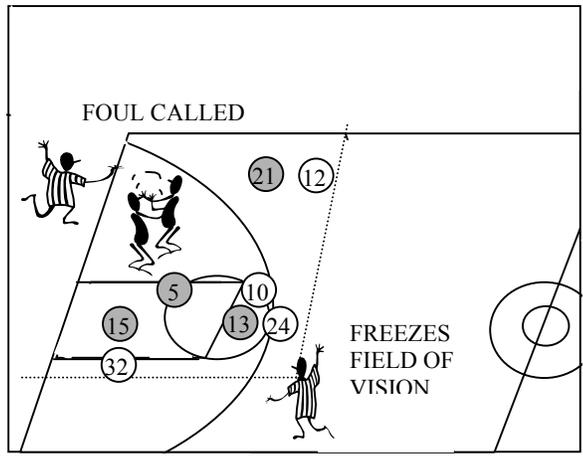
Movement after throw-in

- Trail official handles all throw-ins from the back court.
- Lead official establishes a position near the opposite side line and division line.
- After the ball is in the front court and both officials are in position, the trail official will initiate a switch of sides to the normal positions.

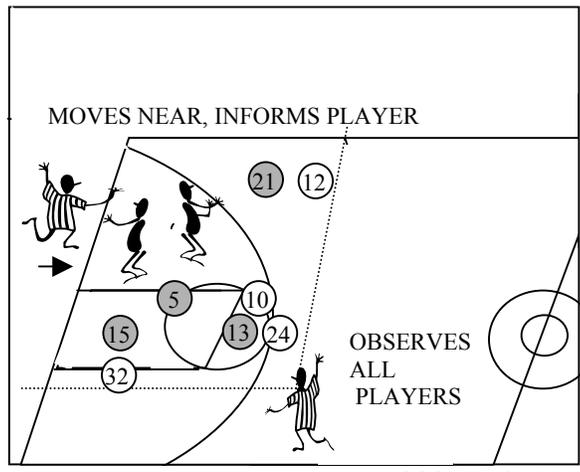


PROCEDURE WHEN CALLING FOULS

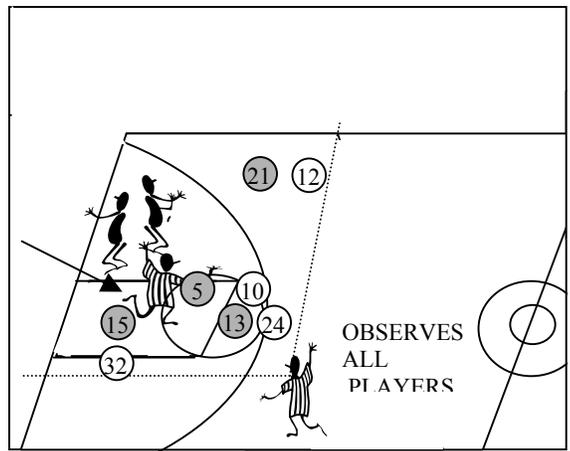
- Non-calling official freezes field of vision and observes all players.
- Calling official informs player then moves to and informs scorer's table.
- Non-calling official retrieves ball and sets up free throw/throw-in.
- Officials switch positions.



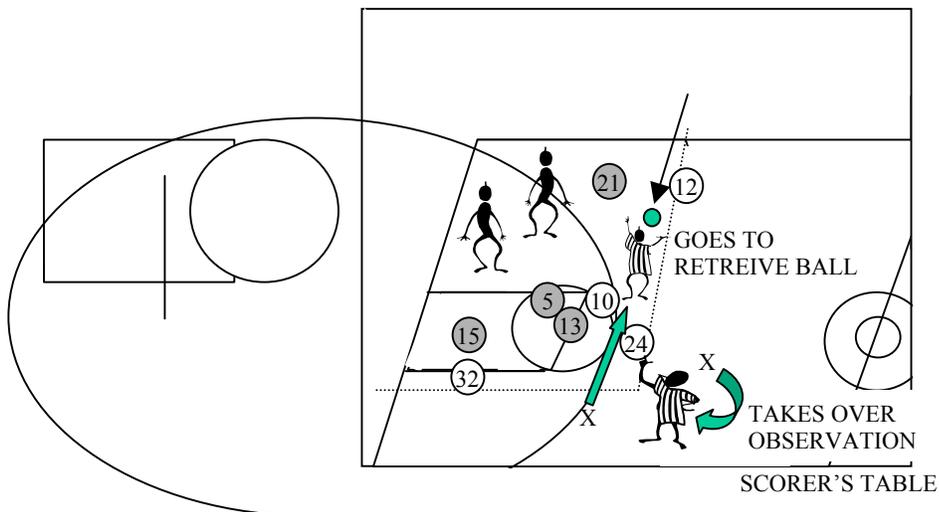
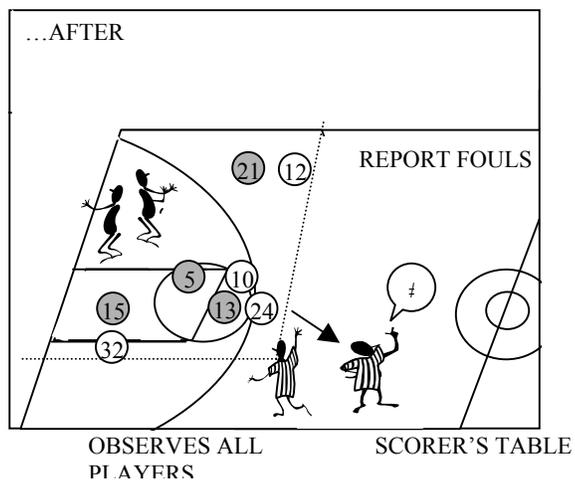
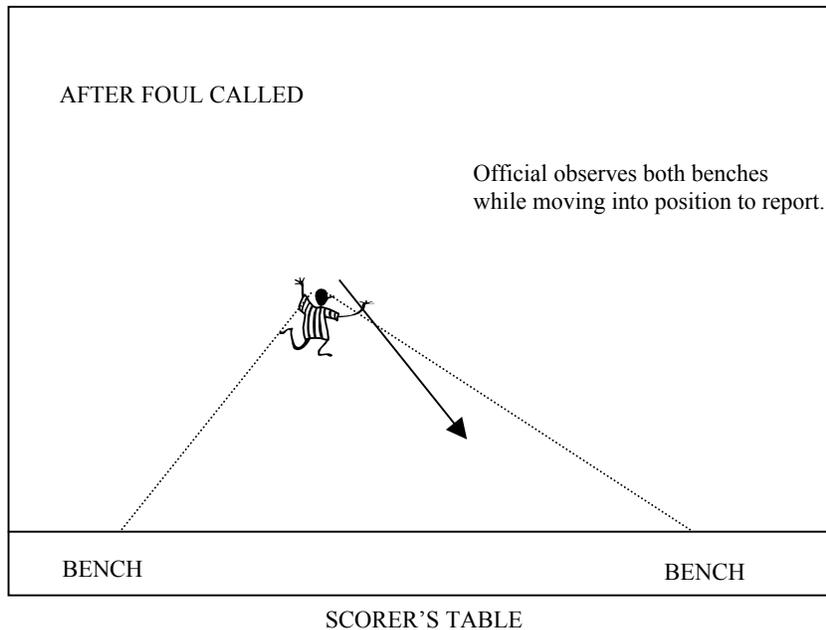
SCORER'S TABLE



SCORER'S TABLE

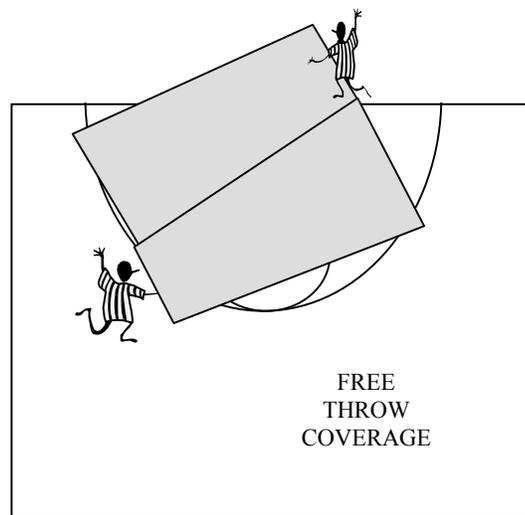


SCORER'S TABLE



PROCEDURES DURING FREE THROWS

- Trail official watches
 - Opposite lane line
 - Free throw line
 - Flight of ball
- Lead official watches
 - Opposite lane line
 - Rebounding action



HIGHLIGHT SIGNALS

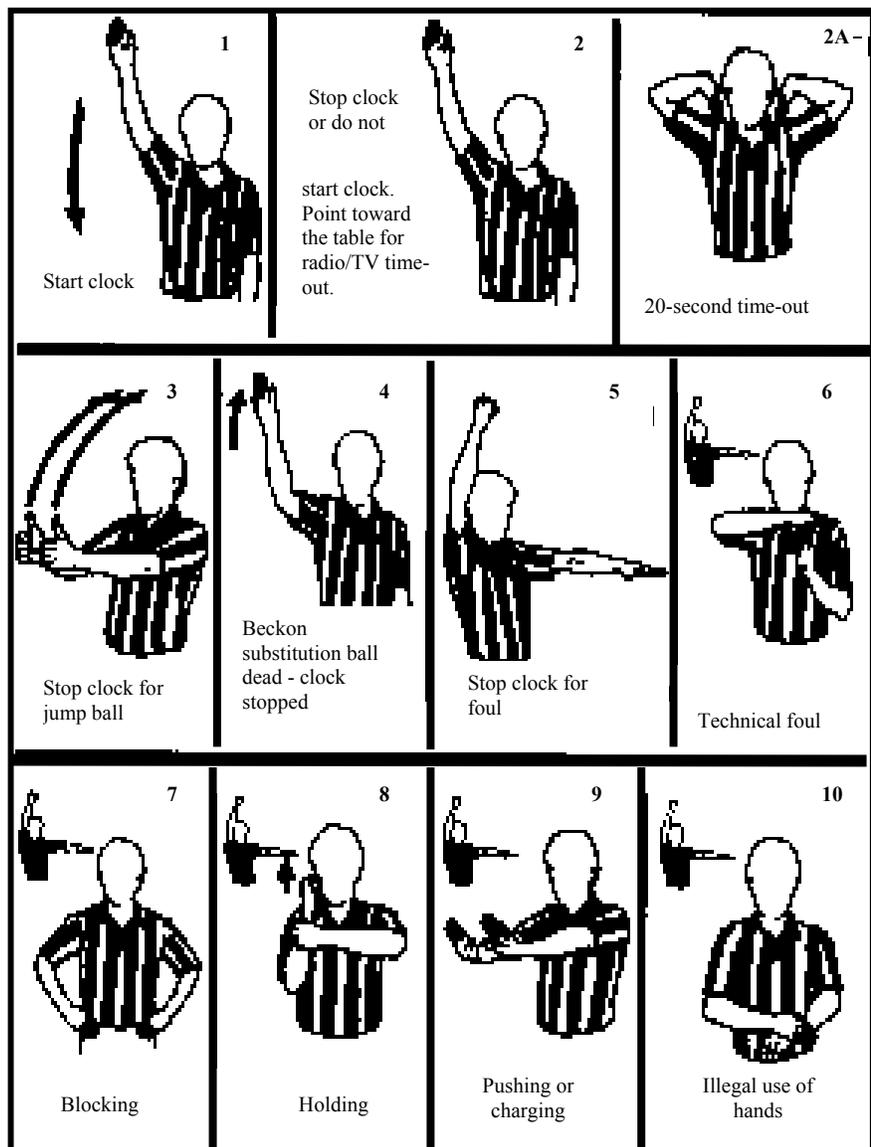
- Stop clock for foul
- Stop clock for violation or do not start clock
- Player control (men vs. women)
- 3 point attempt
- Direction signal after each foul or violation
- Displaying number of points on made field goal
- No signal called “over the back”; either pushing (usually this) or illegal use of hand

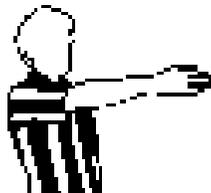
COUNTING THE 3 SECOND CALL.

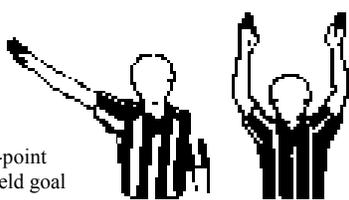
- Use hand click and count to self.
- “one thousand one”
- “one thousand two”
- “one thousand three/whistle”

This gives a definite syllable on which to end the count/blow the whistle (as opposed to “one thousand, two thousand, three thousand” which may lead to an early or late call.

OFFICIAL BASKETBALL SIGNALS



<p>12A</p>  <p>Intentional foul</p>	<p>12B</p>  <p>Double foul</p>	<p>12C</p>  <p>Intentional foul Excessive contact</p>
<p>11</p>  <p>Player control foul</p>	<p>13</p>  <p>Traveling</p>	<p>14</p>  <p>Illegal dribble</p>
<p>15</p>  <p>3-second violation</p>	<p>16</p>  <p>Over & back or palming/carrying the ball</p>	<p>17</p>  <p>Throw-in, free throw or designated spot violation</p>
<p>18</p>  <p>5- or 10- second violation - use both hands for 10</p>	<p>AND</p>  <p>Directional signal</p>	<p>PLUS</p>  <p>Designates out-of-bounds spot</p>

24		26
<p>Bonus free throw for 2nd throw drop 1 arm for 2 throws use 1 arm with 2 fingers - for 3 throws use 1 arm with 3 fingers</p>		
		<p>3-point field goal</p> <p>Attempt and it succeeded</p>

21		OR	22
<p>No score</p>		AND	
		PLUS	19
23			
<p>Point(s) awarded Use 1 or 1 fingers (for 3 points, see #26)</p>		<p>Direction signal</p>	

25		27		28	
<p>Visible counts</p>		<p>Shot-clock violation</p>		<p>Shot clock reset</p>	

29



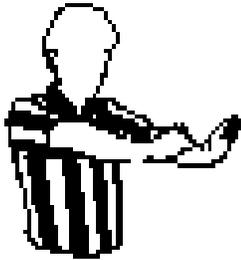
Not closely guarded

30



Excessive swinging of elbows

31



Handchecking

