

BASKETBALL FEDERATION OF INDIA

Syllabus for Online Coaches Workshop

S.No	Date	Topics	Contents
1	22-04-2020	Basic Fundamentals of Basketball	<ol style="list-style-type: none">1. Importance of Basketball Fundamentals2. Role & importance of Coach3. Importance of Selection of Players4. Importance of Communication between Players & Coach5. Importance of Planning Training.
2	23-04-2020	How to make Practice Age group 15-19	<ol style="list-style-type: none">1. How to Plan the Practice Session2. How to make summary of each Practice session3. Individual Training4. Strength & Conditioning5. Regular Training6. Match7. Drills
3	24-04-2020	Program for 7-10 yrs & 10-14 Yrs, Passing & Shooting Concepts	<ol style="list-style-type: none">1. What kind of skills to be given to the kids of Age group of 7 - 10 Years.2. What kind of skills to be given to the kids of Age group of 10-14 Years.3. Type of Passes & Drills4. Types of Shooting & Drills
4	25-04-2020	Individual Techniques	<ol style="list-style-type: none">1. Position & Responsibility of Player2. Importance of Individual Techniques3. Dribbling Concept & Drills4. Type of Cutting & Drills

5	27-04-2020	How to make Playbook	<ol style="list-style-type: none"> 1. Type of Movements & Drills 2. Type of Defense & Drills 3. Key Diagrams for Making Playbook 4. Importance of Playbook
6	28-04-2020	Modern Basketball & Analytics	<ol style="list-style-type: none"> 1. How to make Analytics in Basketball. 2. Importance of Analytics in Basketball 3. Importance of Pick & Roll 4. About Modern Basketball – 5 out, 4 -1 Play, Pack line Defense 5. Importance of Modern Basketball.
7	29-04-2020	Post Player	<ol style="list-style-type: none"> 1. How to build a Post Player 2. Importance of Post Player 3. Post Players – Footwork 4. Post Players – Shots 5. Post Players – Positioning 6. Importance of Mental Aspect 7. Post Move Drills
8	30-04-2020	Basketball Rules	<ol style="list-style-type: none"> 1. Time Out Rule 2. Substitution 3. Travelling 4. 3 Seconds 5. 8 Second 6. 24 Seconds
9	1/5/2020	Defense Concepts	<ol style="list-style-type: none"> 1. Importance of Defense 2. Keys to Great Defensive Stance 3. Concept of Split Line Defense 4. Warrior Split Line Defense 5. Shell Drill 6. Man in the Hole Drills 7. No paint Defense Drill
10	2/5/2020	Basketball Rules & Regulations	<ol style="list-style-type: none"> 1. Goaltending & Interference. 2. Contacting an opponent with the hand(s) and/or arm 3. Fake / Flop 4. Double Foul

			<ul style="list-style-type: none"> 5. Technical Foul 6. Unsportsmanlike foul 7. Disqualifying foul
11	4/5/2020	Pack Line Defense Concepts	<ul style="list-style-type: none"> 1. Importance of Pack Line Defense 2. Principles of Pack Line Defense 3. Concepts for Pack Line Defense 4. Drills for Pack Line Defense
12	5/5/2020	Read & React Offense	<ul style="list-style-type: none"> 1. About Read & React Concept. 2. Importance of Read & React in Modern Basketball 3. Goals of Read & React 4. Layer 1 – Pass and Cut concepts 5. Layer 2 – Post Pass & Cut concepts 6. Layer 3 – Scoring & Spacing concepts 7. Layer 4 – Circle Movement concepts 8. Layer 6 – Baseline Penetration concepts 9. Layer 12 – Ball Screens concepts 10. Layer 15 – Power Dribble concepts
13	6/5/2020	Transition Offense	<ul style="list-style-type: none"> 1. About Transition offense 2. Importance of Transition Offense in Modern Basketball 3. Advantages of Transition offense 4. Running the Primary Fast Break Concept 5. Two on 1 Break situations 6. 3 on 2 Break Situations 7. Transition Drills – 5 -0, 4-0, 3-0.

14	7/5/2020	Zone Offense	1. Concept of Zone Offense 2. Importance of Zone offense. 3. Post Pass & Cutting Drills 4. 3 on 2 Guard Drive and Kick Drill 5. 3 on 2 Triangle Drill 6. 4 on 3 Zone Offense Drills 7. 5 on 3 High Post Drills
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