

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,  
MUMBAI -51**

1	Name of Syllabus	C.C.IN BASIC BASKET BALL (404104)																																									
2	Max. Nos of Student	25 students.																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	CLASS ROOM = 200 Sq feet HALL = 500 Sq feet TOTAL = 700 Sq feet																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To make aware the people in the field of foot ball rule & regulation																																									
10	Employment Opportunity	He Can work as a Coach.																																									
11	Teacher’s Qualification	Diploma / Certificate holder in concern game.																																									
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>06 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	06 Hours	18 Hours	24 Hours																													
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**THEORY - I AND PRACTICAL - II**  
**BASKET BALL**

**Basket Ball**

History of Basket ball

Rules

Court

Markings

- a) Center line
- b) Centre circle
- c) Three-point field foal greas
- d) Restricted area
- e) Free throw lines
- f) Free throw lines
- g) Lane places

Backboards

Position of Backboards

Rings

Nets

Ball

The game

Officials

Playing time

Starting game

Tied Score

Dribbling

Two count stop

Pivoting

Progressing with the ball

Held Ball

Ball out of bounds

Three seconds rule

Five seconds rule

Eight seconds rule

Ball returned to the back court

**Infringement of rules**

- a) Running with the ball
- b) Kicking or striking a ball with the fist
- c) Double dribble
- d) Causing the ball to go out of bounds
- e) Infringement of 3,5,8 or 30 seconds rules
- f) Returning the ball to the back court
- g) Foul
- h) Time out
- i) Substitution
- j) Dead ball

## **Skills of basketball**

- a. holding the ball
- b. handling the ball
- c. basic stance
- d. moving on the court
- e. passing
- f. dribbling
- g. feinting/dodging
- h. shooting
- i. positioning on the court

team defense

team offence

## **Basketball related terminologies**

- a. front court
- b. dribbling
- c. second dribble
- d. two count stop
- e. travelling or shifting
- f. pivoting
- g. held ball
- h. jump ball
- i. violation
- j. foul
- k. feinting or dodging
- l. bead ball
- m. shooting
- n. set shot
- o. lay-up shot
- p. man to man defense
- q. fast break

## **Important tournaments of basketball**

- A) international competition
- B) national competitions

Basketball personalities

National

Award winners

Arjuna awards

Dhyan chand awards

**PRACTICAL - I**  
**TRAINING METHODS**

**1) TRAINING METHODS**

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification

2. Law of overload

3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

**2) SPORTS AND NUTRITION**

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

**3) Common Sports Injuries and their prevention**

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance

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