**MCj04324690000[1]PE BASKETBALL 9/10**

September 2013

Ms Faust

*Focus on the process, not the outcome.*

**COURSE DESCRIPTION**

This course is designed to improve the fundamental skill sets for any level of player. It will explore many different aspects of the game while promoting a competitive spirit and strong work ethic.

**COURSE GOALS**

1. Improve fundamental basketball skills of each player
2. Promote good work ethic
3. Inspire competitiveness
4. Give knowledge of game and inspire love for the game

**UNITS**

1. Conditioning/Weight Training/JOGA
2. Basic skills (passing, dribbling, shooting etc.)
3. Offensive sets
4. Defense
5. Other aspects – nutrition, coaching, scorekeeping, visualization

**ASSESSMENT**

1. Participation/Attitude...........................................70%
2. Skill Set Improvement...........................................20%
3. Projects (mini day camps)......................................10%

**MCj03982830000[1]***Players are made in the off-season.*

*We are what we repeatedly do.*