**PED 301**

**Coaching Basketball Theory**

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**Course Overview**

This class will not only focus on basketball strategies but we will take a deeper look into coaching as a profession. We will study general coaching philosophies and then work to apply them in a basketball setting.

**Course Objectives**

At the conclusion of this course, the student will be able to:

1. Devise and write his/her own basketball coaching philosophy
2. Have the ability and knowledge to teach and coach basketball at an elementary, secondary, or collegiate level.
3. Plan and teach a full season practice schedule and daily schedule.
4. Teach and explain a specific basketball drill or skill to a group of peers.
5. Prepare and write a coaching basketball playbook.
6. Analyze a coach’s philosophy, views, behaviors, plans, etc. by reading a book and presenting a written paper on that specific coach.

**Course Readings**

The following texts will be required for this class.

* Sabok, M, Sabok, R. *Coaching: A realistic Perspective.* 10th Edition. Rowman and Littlefield. ISBN 1442207035
* Krause, J, Pim, R, and Others. *Coaching Basketball Revised and Updated.* McGraw Hill. ISBN 0071382100
* Adkins, C, Bain, S, Dreyer, E, Starkey, R, and Others. *Basketball Drills, Plays, and Strategies: A comprehensive Resource for Coaches.* Better Way Books. ISBN 9781558708105
* Lynch, J. *Creative Coaching.* Human Kinetics. ISBN 0736033270
* Williams, P, Wimbish, D. *How to Be Like Coach Wooden.* HCI. ISBN 0757303919

**Assignments**

Your grade will be based on your class participation (discussions, activities, and attendance; 25 % of total grade) and projects that we will be doing throughout the year (philosophy paper, playbook, practice plan, etc.; 75% of total grade).

* Philosophy Paper (100 points) This paper will be your final exam, due the last day of class. It should be primarily based on your personal beliefs and how you choose to incorporate what we discuss in class therefor everyone’s paper should be different. As we start class you may begin to think about how or what you will be putting in it and adjust it during the semester as needed. It will need to be between ten and twelve double spaced pages.
* Practice Schedule (25 points) For this assignment you will need to formulate a full season plan covering all aspects that you will want to cover in your season. This portion will be similar to a class syllabus that you receive in school. The second portion of this assignment will be to create three separate daily practice plans based on a two hour practice. I will provide a template for both of these sessions and we will see different examples in the readings.
* Playbook (45 points) During this assignment the class will be broken up into groups of four or five. Each group will be required to create a binder of at least fifteen different sets (offensive plays, out of bounds plays, defensive presses, etc.). Each group will then be responsible to teach a specific play to the rest of the class.
* Book report (25 Points) Each student will be required to read a book of their choice and write a short (2-3 pages) paper on the specific coach’s philosophy and how it relates to your personal philosophy. Hopefully this will get you thinking about your own philosophy and get an example of what successful coaches have done to get where they are.

**Final Course Grades**

Final grades will be assigned as follows, based on the total number of points you earn:

4.0 = 94-100 2.5 = 78-82 1.0 = 63-67

3.5 = 89-93 2.0 = 73-77 0.5 = 58-62

3.0 = 83-88 1.5 = 68-72 0.0 < 58

**Final Details**

* All work that is turned in must be from your own hard work, be sure to give credit whenever it is necessary.
* I reserve the right to change this syllabus at any time during the semester.
* This class will be fun and informative but as in life you will only get out of it what you put in to it.
* I look forward to working with all of you!!!!!