

Rodney Hoops / Harbor Impact Basketball

*Basketball Community Course
Prepared by Rodney Alexander Jr.*

GRADE OR AGE LEVELS: Kindergarten-12th grade

FORMAT: IN-PERSON

DAY AND TIME OF THE WEEK: (Days and times are subject to change prior to start of semester)

K-6th: Wednesday 5:00-6:30

7th-12th Monday 5:00-6:30

Start Date: September 11 End Date: January 17

TOTAL SEMESTER HOURS POSSIBLE: 15

LOCATION (address): 1400 Jennings Ave, Benton Harbor, MI 49022

PRIMARY INSTRUCTOR:

- Rodney Alexander Jr

CONTACT INFORMATION:

phone: 269-759-870

email: harborimpactgym@gmail.com

Website: harborimpact.com

INSTRUCTOR QUALIFICATIONS:

- Played Collegiate basketball at University of Illinois
- Played Professional Basketball in various countries
- Coach international youth teams.
- Developed, organized and ran an Elite Basketball training program.

- Host camps, leagues and clinics.
- Developed, organized and ran an AAU Program.
- Developed, organized and ran a youth basketball league - Jr. Impact League.
- NCAA certified trainer and coach
- Trained multiple athletes that have received various level athletic scholarships including D1 scholarships

SECONDARY INSTRUCTORS:

Trevin Alexander

Devin Alexander

Justin Woodley

Tae Townsend

Demarcus Bland

OVERVIEW & PURPOSE

Throughout the year we will: ❖ Develop sportsmanship, leadership skills and teamwork building ❖ Learn and strengthen the fundamentals of basketball including ball handling, passing, footwork, proper shot form, offense-court awareness spacing and IQ, defense-footwork, proper stance and movement ❖ Improve physical fitness levels ❖ Develop lifelong health and fitness habits and goals ❖ Build character and social-emotional responsibility ❖ Have Fun!

EDUCATION STANDARDS

In order to create a positive learning atmosphere, certain behavior is expected. The student expectations are listed below.

- 1.) Come to class prepared everyday- be on time with proper attire.
- 2.) Act in a safe and respectful manner to the instructors and your peers- there is ZERO tolerance for bullying.
- 3.) Participate to the best of your ability with a positive attitude- have fun while being active.

OBJECTIVES

Each student will be given opportunities to meet or exceed these learning standards for basketball skills and concepts ❖ Demonstrate motor skills and movement patterns needed to perform a variety of skills ❖ Demonstrate knowledge of the game of basketball, principles, and strategies as they apply to learning and performance of basketball. ❖ Assess and maintain a level of physical fitness to improve health and performance. ❖ Demonstrate knowledge of basketball concepts, principles, and strategies to improve in skill and overall performance. ❖ Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of the sport of basketball.

MATERIALS NEEDED

1. Basketball shoes (gym shoes that are not worn outside)
2. Basketball attire (shorts and t-shirt)

Instructional Area Expectations:

*Model appropriate behaviors *Always put forth your best effort *Come to class on time and prepared: *Use equipment appropriately and safely *Act with Integrity *Be honest *Take responsibility for your actions *Respect All *Show tolerance *Listen and respond to others appropriately

Student Assessment

Student Assessment Criteria: is based on a point system. Students have the opportunity to earn up to 20 points per class for the following: proper dress, class participation/effort, sportsmanship/attitude, demonstration of skills taught through “game play simulations” and safety.

Points	0	1	2	3	4	5
Categories	.					
Level of Engagement	Student refuses to participate in any activity.	Student rarely participated in moderate to vigorous activity during the period	Student occasionally participated in moderate to vigorous activity during the period	Students often participated in moderate to vigorous activity for the period.	Student always participated in class	Students always participated in class and earned extra credit.
Listening skills	Non compliance	Students did not listen when others talked, both in groups and in class causing major disruption.	Student did not listen when others talked, both in groups and in class Causing him or her to miss instructions	Students sometimes did not listen when others talked, both in groups and in class Causing him or her to miss instructions.	Students listened when others talked, both in groups and in class.	Students listened when others talked, both in groups and in class. Students incorporated or built off of the ideas of others.
Behavior	Non compliance	Student displayed chronic disruptive behavior that resulted in disciplinary measures	Student often displayed disruptive behavior in class	Students occasionally displayed disruptive behavior during class.	Students almost never displayed disruptive behavior in class.	Students never displayed disruptive behavior during class.
Skill Level	Non compliance	Does not use proper skills in closed situations.	Student is rarely successful using skills in open situations	Student can demonstrate proper skills in closed situation	Students are moderately successful using skills in open situations.	Students are able to consistently be successful using skills in open situations.

Schedule

Weeks	K-5	6-12
Week 1	Orientation, Evaluation, Rules	Orientation, Evaluation, Rules
Week 2	Passing and Dribbling Part 1	Passing and Dribbling Part 1
Week 3	Passing and Dribbling Part 2	Passing and Dribbling Part 2
Week 4	Shooting Mechanics Part 1	Shooting Mechanics Part 1
Week 5	Shooting Mechanics Part 2, Knockout	Shooting Mechanics Part 2, 3v3
Week 6	Offensive moves, Top of the Court	Offensive moves, 1v1, 3v3
Week 7	Defense and Rebounding	Defense and Rebounding
Week 8	Basic Offensive Strategy	Basic Offensive Strategy, 1v1
Week 9	4v4, Knock out, Musical chairs	3v3, 4v4, 5v5, Top of the court
Week 10	Bring parent to class	Bring Parents to class
Week 11-13	Make up classes	Make up classes