



**GRADE 12**

# Basketball 12

## SD23 Central Okanagan

The Basketball 12 course will provide students with an advanced level of basketball training, theory & practical experience. This course is designed for students wanting to further develop their fitness & basketball skills, coaching strategies, officiating strategies, practice planning & advanced team concepts. This course will further refine skills, movements, systems & strategies, officiating techniques, coaching techniques, practice planning, & score table management.

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**Credits:** 4

**Approval Date:** Oct 2021

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**Hours:** 120

**Trax Code:** YLRA

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## GOALS AND RATIONALE

The Basketball 12 course is offered to provide students with opportunity to train & learn more advanced basketball specific skills, concepts & strategies at a higher level of intensity. The course goal is to enhance a student's understanding of the sport, confidence & self-esteem through individual basketball skills, officiating skills, & coaching strategies. Many students do not have the financial resources to train at higher levels in the community due to the high cost of community club progra

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## BIG IDEAS

Technical & tactical skills promotes lifelong participation. Athletic development requires physical conditioning & mental preparation. Sport specific training can help develop an appreciation for physical activity as part of a healthy lifestyle. Personal growth fosters teamwork, fair play, leadership & a sense of community.

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## ADDITIONAL INFORMATION

The following advanced concepts will be covered: zonal offense & defense strategies, ball handling & attack moves, & shooting techniques. Nutrition, personal planning, & the relationship between athletics & academic achievement will be considered as part of an overall healthy lifestyle. Student will also take part in goal setting & reflection activities, organizing & hosting elementary school basketball clinics, & officiating game play. Daily self-evaluations will provide students with immediate