

Basketball Unit Plan

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Unit Objectives

Psychomotor

1. Students will be able to effectively pass, dribble and shoot in various drills and game situations (B2)

Cognitive

2. Student's will be able to assesses their peers and provide positive, prescriptive feedback. (A2, C4)
3. Students will be able to use various offensive teamwork strategies to increase their scoring options on an opposing team (B5)

Affective

4. Students will be able to demonstrate a willingness to participate in a wide range of modified basketball activities. (A5)
5. Apply safety procedures across all activity components (C1)

Lesson 1: Ball Handling/Dribbling	Lesson 5: Maintaining Possession of the ball
<p>Intro <i>Self Introduction Activity and intro to Basketball</i></p> <ul style="list-style-type: none"> • Warm up: Land Mines <p>Development <i>Stationary Ball Handling</i></p> <ul style="list-style-type: none"> • On the command of the instructor students will perform ball handling skill • Progress into dribbling technique <p><i>Ships Ahoy</i></p> <p>Culmination <i>Battle Ball</i></p> <p><i>Self-Check List</i></p> <ul style="list-style-type: none"> • Students will determine which skills they need to work on by utilizing the self-check list 	<p>Intro <i>Warm up: Keep away tag</i></p> <p>Development <i>4v4 Passing Game</i></p> <ul style="list-style-type: none"> • Students score a point by being in possession of ball over opponents line <p><i>Pass & Support</i></p> <ul style="list-style-type: none"> • Team of 3 keep ball away from 4th player. 4th player receives a point each time they touch ball or ball leaves the playing area <p>Culmination <i>4v4 Passing Game</i></p> <ul style="list-style-type: none"> • Add dribble, progress into game
Lesson 2: Passing & Moving into open space	Lesson 6: Attacking the Basket
<p>Intro: <i>Warm up: with a partner, students will get a ball and pass it to their partner while moving around</i></p>	<p>Intro: <i>3v3 half court play</i></p>

<p><i>the playing area</i></p> <ul style="list-style-type: none"> - Bounce pass - Chest pass - Overhead pass <p>Development: <i>Minute to win it!</i></p> <ul style="list-style-type: none"> • Students are instructed to throw the ball to their classmates in numerical order <p><i>Squares & Triangles</i></p> <p>Culmination: <i>Ultimate basketball</i></p>	<ul style="list-style-type: none"> • Students will try and score as many times as possible within a 5 min time frame • Can only dribble when driving to the basket <p>Development <i>Triple Threat Position</i></p> <ol style="list-style-type: none"> 1) Pass 2) Dribble 3) Shoot <p><i>1v1- Partner work focusing on faking with the ball</i></p> <ul style="list-style-type: none"> • Jab step • Juke • Ball fake <p>Culmination <i>3v3 Half court play</i></p> <ul style="list-style-type: none"> • Students can only score a point on a drive to the basket <p><i>* Discuss Basketball Tabloid (skills competition)</i></p>
Lesson 3: Shooting	Lesson 7: Basketball Tabloid
<p>Intro: <i>Warm up:</i></p> <p><i>“BEEF” analogy</i></p> <ul style="list-style-type: none"> • Balance • Eye • Elbow • Follow Through <p>Development: <i>Peer Evaluation</i></p> <ul style="list-style-type: none"> • In pairs, students will assess and provide feedback to their partner <p>Culmination: <i>Basketball Golf</i></p>	<p>Intro <i>Rules & Regulations of the skills competition</i></p> <p>Development <i>Students will be participating in a 15 station skills competition in which groups will work as a team to try and accumulate points</i></p> <p>Culmination <i>* Go over GPAI sheet for next class</i></p>
Lesson 4: Tactical Awareness & Decision Making	Lesson 8/9: Tournament
<p>Intro. <i>Warm up: Heart Attack Tag</i></p> <p>Development: <i>3v3 half court basketball game</i></p> <ul style="list-style-type: none"> • In groups of 3 students will participate in a 3v3 half-court game at one of the 	<p>Intro <i>Rules & Regulations of the tournament</i></p> <p>Development <i>Students will participate in 5v5 full court basketball games</i></p> <p>Culmination</p>

baskets.

- *You can only shoot from inside the zone (1 point for attempt, 2 for making basket)*
- *Focus on providing support (width, advancement, depth)*

Culmination:

2v1 half court game

- *Focus on the off ball player using cuts to get into open space*
- *Have receiver catch 3 times & rotate positions*
- *Add point system*

GPAL- Students will assess their peers using the games performance assessment instrument