

## **BASKETBALL SPORT EDUCATION**

Sport Education is a curriculum and instructional model developed for the enhancement of learning the concepts of how to play a sport and how to coordinate and manage the sport experience by assuming different roles on a team.

Sport Education gives students a chance to value fair play, respect the decision of officials, and appreciate the spirit of competition.

Sport Education puts students in positions of responsibility and makes them aware that the success in their roles has a direct relationship to the success of their team.

**Note:** Correct form for all individual skills and warm up activities are taught by the teacher first, in earlier lessons. The teacher is the **CHAIRMAN** and facilitates the entire sport education program.

As students enter the gymnasium or exit outside to the field:

- ❖ **The Coach** - is responsible for organizing their team in their home bases, reporting team attendance to the Chairman, and reviewing with their team new material located in their team folder. The Coach is responsible for rotating players into the game, if necessary.
- ❖ **The Physical Best Trainer (PBT)** - Once all team members are present, the PBT leads an 8 minute warm-up consisting of cardio, muscular strength, and muscular endurance and flexibility exercises.
- ❖ **The Agility Trainer (AT)** - leads five different agility drills: Karaoke, high knees, heel kicks, side slides and tin soldiers (straight leg kicks reaching for toes).
- ❖ **The Equipment Executive Organizer (EXO)** - After the PBT and AT have completed their jobs, the EXO gets the equipment necessary for drills. The EXO is responsible for cleaning up and returning all equipment at the end of class.
- ❖ **Basketball Guru** - will organize and lead a 6-minute Basic Drill Routine (BDR). It is a continuous activity to practice skills and to raise the heart rate.

### **The Basic Drill Routine (BDR)**

**Ball Handling – 8 corkscrews, 10 figure 8's, 10 egg drops,  
10 spiders, 10 optional**

**Passing Shuttles – chest, bounce, overhead**

**Dribbling Shuttles – Right, Left, crossover**

**Strategy and creative drill practice**

- ❖ **The Reporter** - will report all game results to the teacher. They will report all injuries to the teacher. They will report any safety hazards. They will bring the team checklist contained in their folder to the teacher at the end of the class.
- ❖ **Sports Council Representative (SRP)** - when a conflict cannot be resolved, the SRP will calmly and objectively discuss the conflict with the Chairman on behalf of their team. The SRP will bring back and report the decision to their team in a fair and respectable manner. The SRP is to read to their team any information in the folder regarding character, civility and citizenship.
- ❖ **The Team Spirit Master** - creates a team cheer that the team will use at the beginning of each game. They will create a sportsmanship/teamwork motto for their team and place it in their folder.
- ❖ **The Wellness Expert** - reads the wellness concept of the day and leads the wellness task of the day.

Three 8 minute 3 v 3 modified games will be played each day.

# Basketball Coaches Checklist (required)

## Warm-ups

### Physical Best Trainer

- Cardio**                      **10 Jumping Jacks, 10 slalom, 10 cross ctry ski, 10 criss cross, 10 football dance**
- Muscular Strength**        **5-10 push-ups**
- Muscular Endurance**      **15-20 sit-ups**
- Flexibility**                    **Stretch major muscle groups hold each stretch for 10 seconds**

### Agility Trainer

- Karaoke**
- High knees**
- Bottom Kicks**
- Side Slides**
- Line Sprint**

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**Teacher Check Off:**                                

**Once your personal fitness leader (PFT) and agility trainer (AT) are done, the equipment executive organizer (EXO) can come to me for two soccer balls and to check off the sheet. Please give basketballs to the Basketball Guru to start your skills practice.**

### Basketball Guru

- **Ball Handling – 8 corkscrews, 10 figure 8's, 10 egg drops, 10 spiders, 10 optional**
- **Passing Shuttles – chest, bounce, overhead**
- **Dribbling Shuttles – Right, Left, crossover**
- **Strategy and creative drill practice**

**TEAM NAME** \_\_\_\_\_ **Per.** \_\_\_\_ **Gr.** \_\_\_\_ **Day** \_\_\_\_  
**BASKETBALL SPORT EDUCATION ROLES**

**Coach** \_\_\_\_\_

- ❖ They will take a leadership role.
- ❖ They will organize the team and take attendance in their home base everyday.
- ❖ They will make sure that roles of teammates are followed.
- ❖ They will discuss the rules and strategy of the game with the team.
- ❖ They will rotate positions fairly of the team everyday.

**Physical Best Trainer (PBT)** \_\_\_\_\_

- ❖ They will lead all fitness component warm-ups.

**Agility Trainer (AT)** \_\_\_\_\_

- ❖ They will lead all agility drills.

**Basketball Guru (SG)** \_\_\_\_\_

- ❖ They will organize and lead appropriate practice drills that will make everyone feel successful on the team.
- ❖ They discuss and plan offensive and defensive strategy with the team.

**Reporter** \_\_\_\_\_

- ❖ They will report all game results to the teacher.
- ❖ They will report all injuries to teacher.
- ❖ They will report all safety hazards to the teacher.

**Equipment Executive Organizer (EXO)** \_\_\_\_\_

- ❖ They will organize and distribute equipment.
- ❖ They will collect and store all equipment at the end of the class.
- ❖ They will bring the coaches checklist to the teacher after the warm-up period.

**Sports Council Representative (SCR)** \_\_\_\_\_

- ❖ They will objectively discuss on behalf of their team with the teacher when a conflict cannot be resolved.
- ❖ They will bring back the decision to their team and report it to them in a fair and respectable manner.

**Spirit Leader (SL)** \_\_\_\_\_

- ❖ They will boost team morale when the team is down.
- ❖ They will create a team cheer that the team will use at the beginning of each game.
- ❖ They will create a Team Work/Sportsmanship Motto for their team. This motto will be stored in the team folder.

**Wellness Expert (WE)** \_\_\_\_\_

- ❖ They will read the wellness concept of the day to their team.
- ❖ They will lead and explain the wellness concept task to their team.