

<p><b>Lesson:</b> Basketball</p> <p><b>Topic:</b> Passing (chest, bounce)</p> <p><b>Equipment:</b> Basketballs, pinnies, tape or wall targets)</p>	<p><b>Learning outcomes: TSWBAT...</b></p> <p>P: Perform 2 types of pass: chest and bounce</p> <p>C: Determine when to use each type of pass</p> <p>A: Playing with teammates to score a basket</p>		
<p><b>Introductory Activities (<i>describe</i>)</b></p> <p>Chest pass game: In partners students practice chest passes starting a few meters apart and for each successful pass they took a step back until they reached the full width of the court. First group to gain full width wins. Unsuccessful results in taking a step in towards partner until completed.</p> <p>Bounce pass target game: With same partner, find spot on the wall (little X's marked off with tape). Goal is to bounce pass the ball and hit the target 10 times each. Once completed make it cooperative-competitive by having students work together to hit the target 10 times. Then move on to competitive and first person to hit the target 5 times wins.</p>	<p><b>Organization</b></p> <p>Start with one player on either side of the key with partner opposite them. Partnerships arranged side by side using full length of court</p> <p>Around perimeter of the gym at an "X" on the wall.</p>	<p><b>Teaching Points and Cues (<i>for students</i>)</b></p> <p>Step forward with dominant foot or foot closest to target. Hands on either side of the ball and slightly behind. Fingers spread. Force of pass comes from snapping of wrists. Point your foot at the target</p> <p>Make sure ball bounces ~2/3 of the distance between passer and the wall. Again snap wrists and follow through.</p>	

<p><b>Fitness Development</b></p> <p>Cardio aspect of the lesson takes place during the culminating activity</p> <p><b>Lesson Focus</b></p> <p>Develop passing skills in a static drill and then progress to a dynamic game situation that forces students to choose between skills in order to score.</p> <p><b>Culminating Activity</b></p> <p>2 v 1 continuous: Split class into 2 teams. One team sends out 2 offensive players with the ball, while the other team sends out 1 defender to wait in the key. Once the offensive players cross centre with the ball a second defender may join. Defender must touch centre circle before they can defend. One pass must be completed before offense can shoot. Once they have shot, defenders become the offense and turn to run down to opposite hoop where a defender is waiting. Play is continuous.</p>	<p>Teams are on either side of the court at the centre line in a single file line. One team has pinnies. Ensure that students remember to fill the defender role when their team is going on offense.</p>	<p>Look to draw the defender and pass to open teammate. Try to use the bounce and chest pass that was practiced earlier in the lesson. Check for student understanding to see if they remember the cues for each skill ex. “What aspect of the pass generates the most force?”</p>
<p><b>Closure</b></p> <p>-“What foot do you step with when completing a pass?” (foot closest to target)</p> <p>-“Where do you want your hands positioned on the ball?” (on the sides slightly behind the ball with thumbs down)</p> <p>-“In a game situation, what do you want to do in order to free up a teammate you want to pass to?” (draw a defender)</p>	<p>Seated in front of you in the half moon formation</p>	<p>Make sure students are engaged in discussion and encourage questions</p>