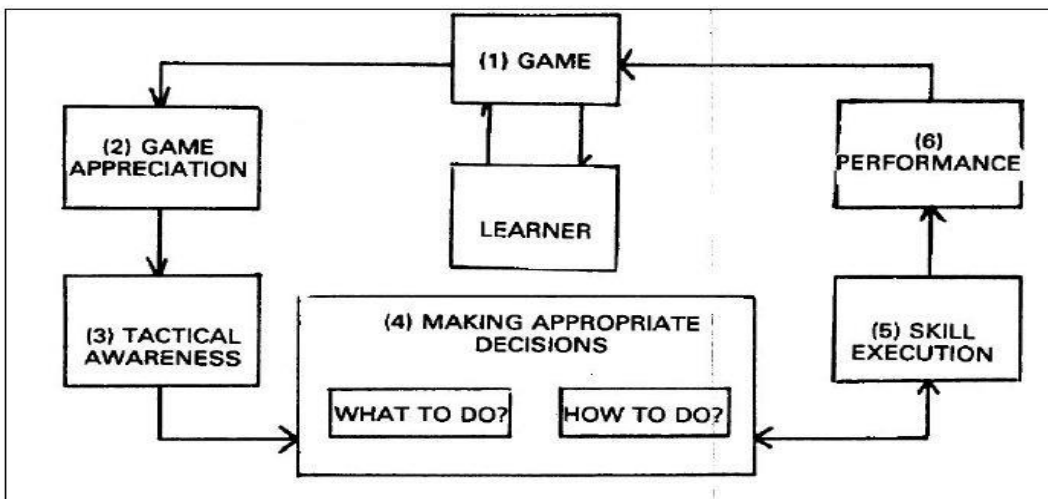


Basketball Unit Plan Overview

(February 1st – 21st)

Unit Rationale

This unit will be focused around small-sided games. It is within these small sided games that the students will be encouraged, motivated, and given the opportunities to learn the fundamental movement patterns, on and off the ball movements, and specific techniques to enhance their Basketball game playing ability. By learning under certain constraints the students are given the opportunity to get a number of touches on the ball, observe and record peer performance, and reflect on their own level of involvement. Over the period of ten lessons the class will learn the importance of space and time, supporting teammates, offensive/defensive strategies, and shooting, passing, and lay-up techniques. The assessment and evaluation of the class's success will include reflection of lessons and performance, peer-review and feedback, and teacher discussions and demonstrations. Using small sided games the students will get the opportunity to participate regularly and in a game style that allows them to participate fully. Using basic movement concepts from "Territory and Invasion Games" under Teaching Games for Understanding theory, it is hoped that students will transfer the knowledge and skills gained in this unit to similar styled Territory and Invasion games.



This is the basic idea of how the lessons will be planned. The focus will be understanding what and how to do things, within a game setting, before focusing on particular skills in isolation or game situations.

Content Analysis

Tactical Problems	Off-the-ball Movement	On-the-ball Movement
Offense and Support	<ul style="list-style-type: none"> - Support the ball carrier - Move to create space - Move to get open - Call for a pass or to distract - Land with good base - Land in a 'one' or 'two' stop 	<ul style="list-style-type: none"> - Pass to open players - Protect the ball from defense - Use correct pivoting technique - Quick pass and move - When to shoot/pass - Which pass to use
How to score	<ul style="list-style-type: none"> - Move to receive 'touchdown' pass - Move to open lanes for ball carrier - Cut to hoop to receive pass - Timed runs 	<ul style="list-style-type: none"> - High vs low percentage shot - Cut through open lanes - Pass to open receiver - Attack from left and right - Don't force an opening
Defense and Shape	<ul style="list-style-type: none"> - Guard players close - Use positioning to guide their path - Keep a defensive shell shape - Communicate - Use a retreat step, don't jump 	<ul style="list-style-type: none"> - Interceptions of passes - Close defense to block out - Use body position to limit decisions
Passing and Shooting	<ul style="list-style-type: none"> - Get open to receive a pass - Time runs to receive a pass - Hands up and ready - Land with good base and step - Call for a pass or tell to shoot 	<ul style="list-style-type: none"> - Take shots the are high percentage - Choose the best pass to make - Don't be selfish in shot choice - Use your teammates
Starting and Restarting the Game	<ul style="list-style-type: none"> - No rebounds - Missed shot is turnover - Turnover for out of bounds - Turnover for foul - Games are set time limit - Turnover after a point is scored 	<ul style="list-style-type: none"> - No rebounds - Missed shot is turnover - Turnover for out of bounds - Turnover for foul - Games are set time limit - Turnover after a point is scored

Block Plan

The Unit will consist of 10 separate lessons with 3 run/fitness days dispersed in between, for a total of 13 days.

Lesson #1 Theme - Creating Space and Movement

Lesson #2 Theme - Passing/Receiving and Moving for Support

Lesson #3 Theme - Dribbling

Lesson #4 Theme - Lay-ups

Lesson #5 Theme - Shooting

Lesson #6 Theme - Defense

Lesson #7 Theme - Offense

Lesson #8 Theme - Skills and Game Play Day

Lesson #9 Theme - 3v3 Tournament Round Robin

Lesson #10 Theme- 3v3 Tournament Round Robins

****Specific PLO's, Learning Outcomes, Equipment, and Management Strategies can be found in each individual lesson plan****

See Assessment tool folder for Assessment tools used throughout the Unit