

Unit Plan - Basketball

Lesson Two - Passing/Receiving and
Base

PLO's

Grade 9:

- A6 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C2 demonstrate proper use of equipment and facilities
- C3 demonstrate fair play in physical activities across the activity categories

Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Land in one of two stances
- Time their run to receive a pass
- Pass over different lengths to a teammate

Cognitive:

- Understand how judge passing distance
- Determine when to pass to a player
- Determine which pass should be used when

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Pass to a player who is open

Equipment:

- Basketballs
- Soft Volleyballs
- Tennis Balls
- Wiffle balls
- Pinnies (at least 4 different colours)
- Cones (32)

Sequence of Events

Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	10 minutes
Initial Activity:	15 minutes
Skills Breakdown:	10 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

WARM-UP - Ball Tag (7 minutes)

- Both Courts
- 15 on each
- 2 'it' have to tag with the ball
- Cannot run with the ball
- If you get tagged you are it too
- (Use shutdown techniques, corner people)



Discussion:

- Base and stance
- Passing types
- Small Passes are best



What are we Trying to Achieve Today

- Understand that our footwork changes our options
- Pivoting and moving off one leg
- Being ready to receive a pass is important (Ball in the face)
- Understanding when to make which pass and how to do it well

Initial Activity - 3v3 to Assess Movement and Stance(15 mins)

- 3v3 or 4v4
- Handball possession
- Cannot move with ball
- Want to see movement skills and stance
- Will spend about 4 minutes with each group talking about base
- Possible progression to half-court games with touchdowns



Q and A after

- What's the point of different base?
- Incorporate Shooting if it gets dry

Cues:

- One-stop - Both feet hit ground at the same time, allows for pivot off either foot
- Two-stop - Feet land one, two, must pivot off back foot

Skill Development - Check passing/Accuracy (10-15 minutes)

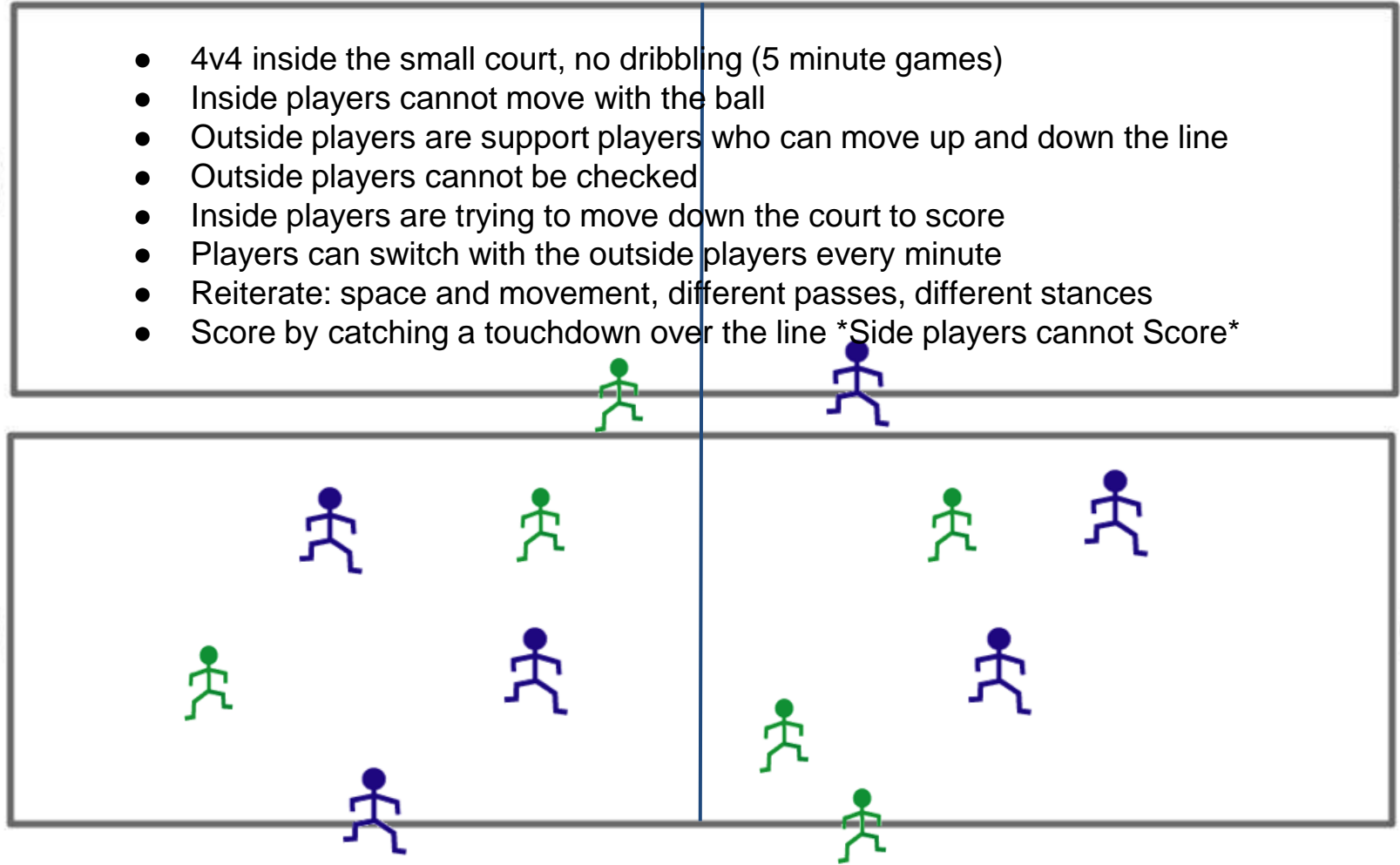
- Partner/Groups of 3
- Have one partner check away and back to receive a pass
- Partner can pass using chest, bounce, or overhead
- At least 10 cuts each
- Vary up ball types and passing drills
- In groups of three two players passing/third has Hoola Hoop
- Third person toss hoop and players have to pass through it
- Switch roles
- Safety and equipment respect, but have fun with it



Make it a competition

Culminating Activity - 4 v 4 with side players (20 minutes)

- 4v4 inside the small court, no dribbling (5 minute games)
- Inside players cannot move with the ball
- Outside players are support players who can move up and down the line
- Outside players cannot be checked
- Inside players are trying to move down the court to score
- Players can switch with the outside players every minute
- Reiterate: space and movement, different passes, different stances
- Score by catching a touchdown over the line *Side players cannot Score*



Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about base, stance, and three different passes
- Talk for next day (dribbling)
- Exit slip #1
- See you tomorrow gentlemen

Exit Slip

Name: _____

Date:

1. What are the three different passes discussed today?

a)

b)

c)

2. What are the two different stops we learned today?

i)

ii)