

# Unit Plan - Basketball

## Lesson 5 - Shooting

# PLO's

## Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- 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
- 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:

- Use correct basic shooting technique
- Learn to use their legs to generate power

Cognitive:

- Understand why a shot should arc and not 'push'
- Determine when to shoot and when to pass

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Encourage everyone
- Shooting is not easy, help each other

Equipment:

- Basketballs
- Pinnies (at least 4 different colours)
- Cones (32)

# Sequence of Events

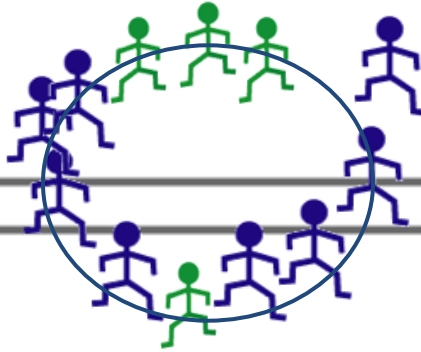
Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	5 minutes
Initial Activity:	15 minutes
Skills Breakdown:	15 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

## WARM-UP - Shoot Around (5 minutes)

- Everyone has a ball, one foot in the center circle
- Have to go and make one shot on each basket, then come back
- Repeat with lay-ups
- One more time with shoots (Not a free throw)

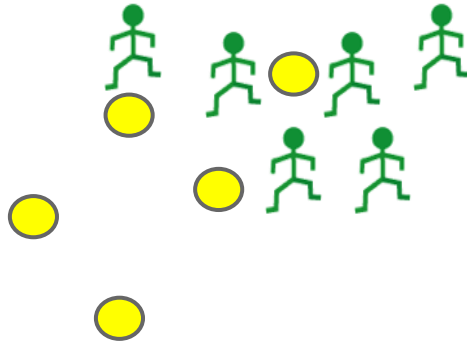


# What are we Trying to Achieve Today?

- Get introduced to the basic technique of shooting but understand that everyone has nuances
- Get lots of practice shooting from different areas of the court
- Discuss low percentage shots
- Incorporate shooting into our mini games

## Initial Activity - Intro to Shooting (15 mins)

- Split up teams into 4 groups
- One team at each hoop
- Pick five spots around the hoop
- Each team has to hit 10 baskets from each spot before moving on to the next spot
- First team to make all 50 shots wins



### CUES:

- Feet shoulder width
- Elbow 90 degrees
- Full extension
- Cookie Jar
- Ten toes
- SHOT LINE – Knee, elbow, wrist



# Skill Development - How to Shoot (15 minutes)

## Demonstration (3 minutes):

- Strong base, “athletic stance”
- Hand on the ball without palming it. Pin hole between index and middle fingers.
- Elbow 90 degrees with floor, ‘like a water’
- Full elbow extension, finish ‘hand in the cookie jar’
- Finish: Arm high, wrist flexed, fingers down, and TEN TOES towards target!



## Individual Practice (2-3 minutes)

- Practice on the hoop

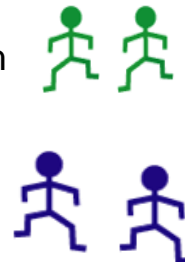
## Partners (5 minutes)

- One partner shoots 5 shoots
- Other partner provides feedback on cues
- Switch roles

## Shoot around (5 minutes)

## CUES:

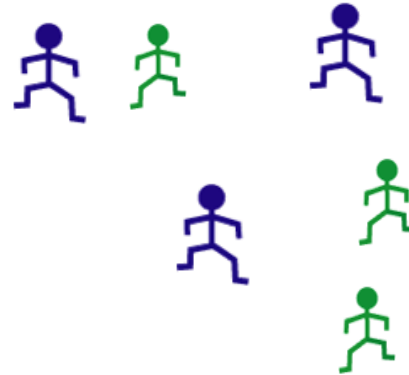
- Feet shoulder width
- Elbow 90 degrees
- Full extension
- Cookie Jar
- Ten toes





## Culminating Activity - 3 v 3 (20 minutes)

- 3 v 3 or 4v4 inside the small half court games court (5 minute games)
- No rebounding, missed shot is a turn-over
- No stealing after turnover (sequence goes offense-defense)
- Reiterate: shooting technique, taking realistic shots



# Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion: Shooting basics, everyone has their own nuances though
- Talk for next day (Defensive Strategies)
- See you tomorrow gentlemen