

Unit Plan - Basketball

Lesson 6 - Defense

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
- C4 exhibit leadership in a range of physical activities

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
- C4 apply leadership in a wide range of physical activity situations

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Use body position to inhibit offensive team
- Move to get into defensive position

Cognitive:

- Understand space and shape of defense
- Determine switch guarding duties

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Encourage everyone
- Passive defense sometimes, learning before intensity

Equipment:

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

Sequence of Events

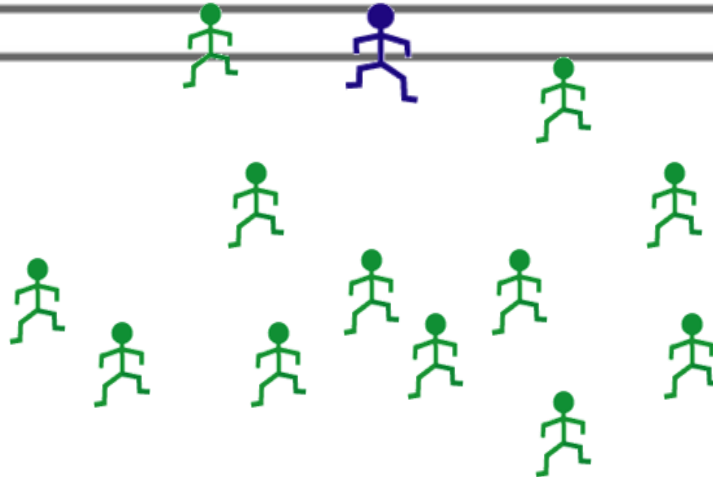
Date:

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 - Late for School (5 minutes)

- Everyone starts on the ground and follows the cues from the teacher (with Ball)
- Wake up, run downstairs, jump to reach the cookies, run after your dog, run away from your mom, hop the hedges, sit in your desk, high five your friends, etc.
- Have fun with it



What are we Trying to Achieve?

- Make smart decisions about covering space
- Understand how to force players a certain way
- Hustle
- Learn that good defense wins championships!!

Initial Activity - Intro to Defense (15 mins)

- Split up teams into 4 groups
- 2 groups per court
- Offense goes down 2-1
- When offense crosses the half a second defender has to cut in and rush to defend
- Missed shot or basket, turns over and defense becomes offense
- The first player in line for the current offense drops into the back court to defend the transition
- Continuous game
- Switch team after 5 minutes

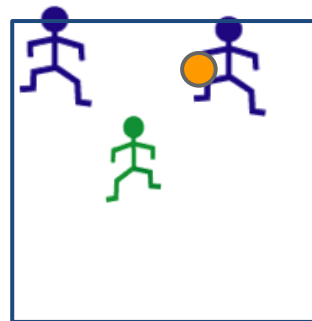


Skill Development - How to Defend (15 minutes)

Demonstration (3 minutes):

- Strong base, “athletic stance”
- Don’t stand square, force to one direction
- Forcing left have left hand up, forcing right have right hand up
- One hand at ball
- Other hand in the passing lane

- Retreat Step (Never Jump!!!)



Partners (Groups of 3) (5 minutes)

- 1 v 1 or 2 v 1
- Practice defensive positioning
- Offense get past defender in box
- 6 per box, quick alternating groups
- Interception, out of bounds, ends sequence

Groups of 7-8 (5-7 minutes)

- Bigger box
- 4 v 3

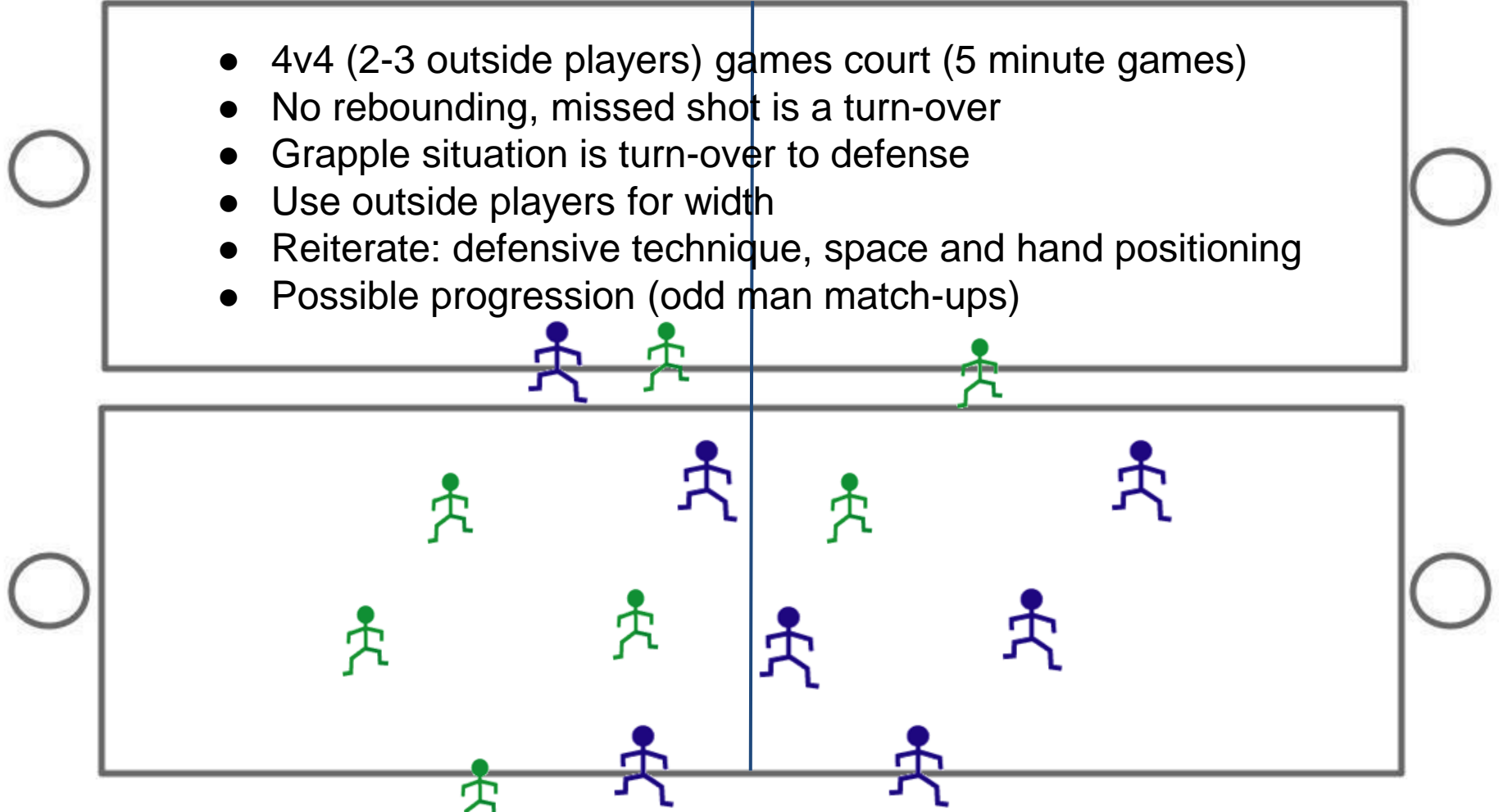
CUES:

- Don’t stand square
- Hand up in the direction you want them to go
- retreat step



Culminating Activity - Putting it all Together (20 minutes)

- 4v4 (2-3 outside players) games court (5 minute games)
- No rebounding, missed shot is a turn-over
- Grapple situation is turn-over to defense
- Use outside players for width
- Reiterate: defensive technique, space and hand positioning
- Possible progression (odd man match-ups)



Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion: Defense basics
- Talk for next day (Offensive Strategies)
- Exit Slip #3
- See you tomorrow gentlemen

Name: _____

Exit Slip #3

Date:

1. What's the name of the step to maintain good defensive position?

2. How do you not want to stand?