


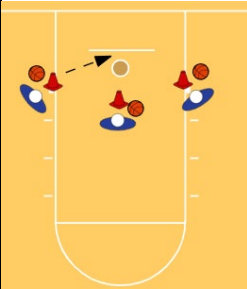
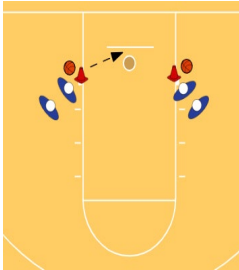





## Year 7 - Basketball




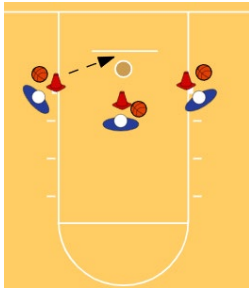
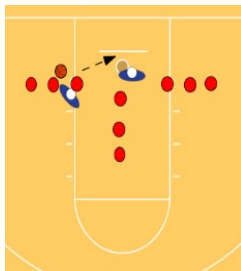



| Unit aim           | To become more confident and competent when performing the techniques required to score baskets.   |  |   |  |  |
|--------------------|--|--|---|--|--|
| Lesson outcomes    | Demonstrate a Set shot with good "form" with your strong hand.   | Demonstrate a Jump shot with good "form" with your strong hand.  | Demonstrate Shooting techniques from a pass and under pressure from a defender.   | Demonstrate basic layup technique.   | Demonstrate lay-up technique under pressure.<br><br>(rebounding and boxing out)  |
| Intended Knowledge | <p>Students will know that a set shot is used when shooting close up to the basket.</p> <p>Students will know how to use the BEEF technique to perform a set shot.</p> <p>Students will know that 'BEEF' stands for body, eyes, elbow and follow-through.</p> <p>Students will know that they need to keep their feet stationary when performing a set shot.</p> <p>Students will know that aiming for the corners of the small square will increase the chances of scoring a basket</p> | <p>Students will know that a jump is used when shooting further away from the basket and when against a tall defender</p> <p>Students will know how to use the BEEF technique to perform a jump shot</p> <p>Students will know that BEEF stands for body, eyes, elbow and follow-through</p> <p>Students will know that they need to take off and land in the same spot when performing a jump shot.</p> <p>Students will know that you need to generate power from your legs to perform a jump shot</p> <p>Students will know that power is a combination of strength and speed</p> | <p>Students will know that moving off the ball is important to create space for a shot</p> <p>Students will know that to create space you need to "cut" to get free</p> <p>Students will know that 'cutting' means to make a sharp movement in one direction before moving quickly in another to create space</p> <p>Students will know that shooting earlier rather than later will lead to greater success when scoring baskets</p> | <p>Students will know that a layup provides an opportunity to drive at the opponents basket</p> <p>Students will know how to perform the correct footwork for a layup on their strong side</p> <p>Students will know where on the court they can perform a layup from</p> <p>Students will know that to create space you need to "cut" to get free</p> <p>Students will know that cutting means to make a sharp movement</p> | <p>Students will know that a rebound happens when the ball hits the backboard and does not drop in the hoop basket</p> <p>Students will know how to secure the ball from a rebound using "boxing out"</p> <p>Students will know that secure means to obtain the ball under pressure</p> <p>Students will know that "boxing out" means to position your body between the ball and opposition when the ball is rebounded</p> |
| Prior knowledge    | <p>Basic fundamental shooting technique learned in primary school (KS2) PE lessons – 'swan neck release' / 'reach up into the cookie jar'</p> <p>Shooting technique learned in extra-curricular basketball sessions</p>  | <p>Students will know that a set shot is used when shooting close up to the basket</p> <p>Students will know how to use the BEEF technique to perform a set shot</p> <p>Students will know that BEEF stands for body, eyes, elbow and follow-through</p> <p>Students will know that they need to keep their feet stationary when performing a set shot</p>   | <p>Students will already know that a jump is used when shooting further away from the basket and when against a tall defender</p> <p>Students will already know the BEEF technique to perform a jump shot</p> <p>Students will know that BEEF stands for body, eyes, elbow and follow-through</p>   | <p>Students will already know that moving off the ball is important to create space for a shot</p> <p>Students will already know that to create space you need to "cut" to get free</p> <p>Students will already know that cutting means to make a sharp movement</p>  | <p>Students will already know that a layup provides an opportunity to drive at the opponents basket</p> <p>Students will already know that to drive in basketball means to dribble fast towards the hoop</p> <p>Students will already know how to perform the correct footwork for a layup on their strong side</p>  |

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|  |  | <p>Students will know that aiming for the corners of the small square will increase the chances of scoring a basket</p> | <p>Students will know that they need to take off and land in the same spot when performing a jump shot.</p> <p>Students will know that you need to generate power from your legs to perform a jump shot</p> <p>Students will know that power is a combination of strength and speed</p> | <p>in one direction before moving quickly in another to create space</p> <p>Students will already know that shooting earlier rather than later will lead to greater success when scoring baskets</p> | <p>Students will already know where on the court they can perform a layup from</p> |
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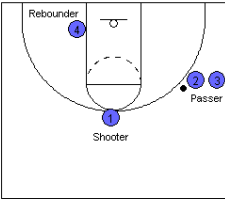
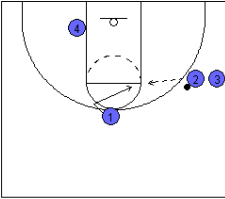
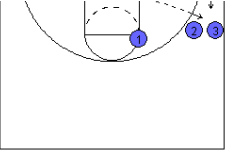


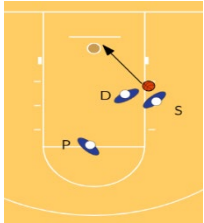



**Lesson 1 - Demonstrate a Set shot with good "form" with your strong hand.**

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| <p><b>Do now</b></p>    | <p>In Basketball how many points is a basket worth?</p>  |   |  |
| <p><b>Teacher exposition (I do)</b></p>   | <p><b>Context:</b> a set shot is performed with two hands from a point relatively close to the basket, in which a player stands still and shoots the ball usually from chest level. It is also the technique used for a free throw - an unopposed shot awarded after an opposing foul, and taken from the free-throw line.</p> <p style="text-align: center;"><b>BEEF</b></p> <p>B – Body - bend legs dominate leg pointing to centre of basket<br/>         E - Elbow - 45°, carry ball like a tray<br/>         E - Eyes - on ring / backboard<br/>         F – Follow through - snap wrists and put hand into the cookie jar!</p> |   |  |
| <p><b>Learning task (We do / you do)</b></p>    |  |   |  |
| <p style="text-align: center;"><i>Practice – Form shooting</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• Spots set up around the key</li> <li>• Students work on a spot for a set amount of time.</li> <li>• Left hand – left side</li> <li>• Right hand – right side</li> <li>• Either hand – centre</li> </ul> <p>Begin with shooting hand only and then add the guide hand.</p> |  | <p style="text-align: center;"><i>Application – Set shot 21</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• Students start at a spot</li> <li>• Take a shot – if they score 2pts if they can get the ball before it bounces they get an additional shot from that location worth 1pts.</li> <li>• First team to 21</li> </ul> <p>Game play – 2pts for backboard and in / 3pts for a swish</p> |  |
| <p><b>Responsive adaptations</b></p>    | <p><b>Developing</b></p> <p>Use strong hand only on all spots.</p>   | <p><b>Securing</b></p> <p>Introduce a dribble to the marker and jump stop.</p>  | <p><b>Mastering</b></p> <p>In 2's – pass towards marker, jump stop on receiving the ball, pivot then shot.</p> |
| <p><b>Progress check questions</b></p>    | <p>Why is timing important when taking a set shot?<br/>         Why would you not shoot from your chest?<br/>         Why is it important to create "spin" on the ball when you follow through?</p>  |   |  |
| <p><b>Errors or misconceptions to look out for</b></p>    | <p>Shooting from chest like a chest pass – <b>Poor ready position or too far away from the basket</b><br/>         Throwing the basketball rather than shooting – <b>The elbow is positioned away from the side of the body.</b><br/>         Shot is flat and hits the front of the rim – <b>Elbow needs to flex upwards. Encourage shooting hand to go up and over the rim instead of in the basket.</b></p>   |   |  |




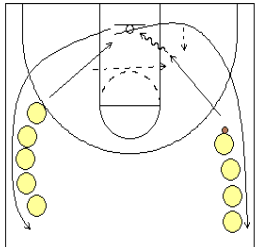




**Lesson 2 - Demonstrate a Jump shot with good "form" with your strong hand.**

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| <p><b>Do now</b></p>   | <p>How might your shooting technique change if you are further away from the basket?</p>  |   |  |
| <p><b>Teacher exposition</b><br/><b>(I do)</b></p>   | <p><b>Context:</b> The jump shot is the most important shot in basketball. This shot is hard to defend against and allows you to score from a distance further away from the basket. The purpose of the jump shot is to allow the shooter to take aim from a higher position and therefore prevent a defender from blocking it.</p> <p>B – Body - bend legs dominate leg pointing to centre of basket<br/> E - Elbow - 45o, carry ball like a tray<br/> E - Eyes - on ring / backboard<br/> F – Follow through - snap wrists and put hand into the cookie jar!</p> <p>Release ball at top of jump and land in the same spot</p> |   |  |
| <p><b>Learning task (We do / you do)</b></p>    |   |   |  |
| <p><i>Practice – jump shot form shooting</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• Spots set up around the key</li> <li>• Students work on a spot for a set amount of time.</li> <li>• Left hand – left side</li> <li>• Right hand – right side</li> <li>• Either hand – centre</li> </ul> |   | <p><i>Application – Ray allen shooting drill</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• 3 spots</li> <li>• Shooter and rebounder</li> <li>• Shoot from a spot and move back</li> <li>• Spot 1 – 1 pt</li> <li>• Spot 2 – 2pt</li> <li>• Spot 3 – 3pts</li> <li>• Rotate after completing each row. Who can get most points?</li> </ul> <p>Game play – 2pts for backboard and in / 3pts for a swish</p> |  |
| <p><b>Responsive adaptations</b></p>   | <p style="text-align: center;"><b>Developing</b></p> <p>Use strong hand only on all spots.</p>  | <p style="text-align: center;"><b>Securing</b></p> <p>Introduce a dribble to the marker and jump stop.</p>  | <p style="text-align: center;"><b>Mastering</b></p> <p>In 2's – pass towards marker, jump stop on receiving the ball, pivot then shot.</p> |
| <p><b>Progress check questions</b></p>   | <p>Why might you be less successful with a jump shot?<br/> What makes the follow through so important on a jump shot?<br/> How do you create the power to shoot from distance?</p>  |   |  |
| <p><b>Errors or misconceptions to look out for</b></p>   | <p><b>Fading backwards or forwards when landing</b> – <i>Not jumping upwards when shooting</i><br/> <b>Throwing the basketball rather than shooting</b> – <i>The elbow is positioned away from the side of the body.</i><br/> <b>Shooting short</b> – <i>More power from legs, shoot the ball UP, then OUT</i></p>  |   |  |




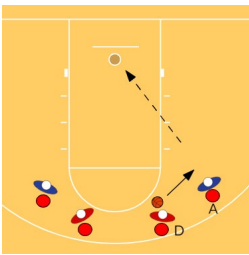
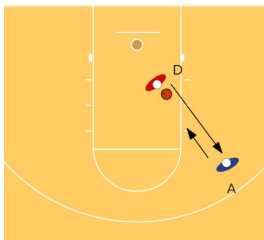



**Lesson 3 – Demonstrate Shooting techniques from a pass and under pressure from a defender.**

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| <p><b>Do now</b></p>   | <p>A shooting guard is a player who looks to score at every opportunity. Why is the pass to a shooting guard important?</p>  |   |   |
| <p><b>Teacher exposition (I do)</b></p>    | <p>Pace is important. Cut and move into position quickly<br/>         Defender to get hand up and hand low to block shot or dribble.<br/>         Pass needs to be flat and accurate to partner.<br/>         Hands up to receive pass.<br/>         Focus on correct pivot foot to face basket.</p> |   |   |
| <p><b>Learning task (We do / you do)</b></p>    |  |   |   |
| <p style="text-align: center;"><b>Practice – Elbow shooting drill</b></p>  <p style="text-align: center;"><b>Set up</b></p> <ul style="list-style-type: none"> <li>• Groups of 3 (diagram has 4)</li> <li>• Shooter cuts and then moves for a pass</li> <li>• Passer sends ball</li> <li>• Shooter Pivots and shoots at the basket</li> <li>• Rebounder collects ball and passes out to passing line</li> <li>• Shooter becomes rebounder             <ul style="list-style-type: none"> <li>• Passer becomes shooter</li> </ul> </li> </ul>   |  | <p style="text-align: center;"><b>Application – Island shooting drill</b></p>  <ul style="list-style-type: none"> <li>• Offensive player starts with the ball in the corner.</li> <li>• Defensive player starts near the basket.</li> <li>• Passer is located near the top.</li> <li>• Offensive player initiates the drill when he passes the ball to the passer. They immediately cut to the wing area.</li> <li>• As soon as the pass is made, the defensive player closes out to stop the offensive player from shooting.</li> </ul>   |   |
| <p><b>Responsive adaptations</b></p>   | <p style="text-align: center;"><b>Developing</b></p> <p>Passive defender on the close out in practice 2.</p>   | <p style="text-align: center;"><b>Securing</b></p> <p>Vary the position of passer and final shot location.</p>  | <p style="text-align: center;"><b>Mastering</b></p> <p>Active and early close out on the first pass to make the shooter work harder.</p> <p>Different locations for the pass and shot</p> |
| <p><b>Progress check questions</b></p>   | <p>Why is the cut away an important part of creating space?<br/>         If the defender is too quick on the close out what should you do?<br/>         How does your technique change when shooting from different areas of the court?</p>  |   |   |
| <p><b>Errors or misconceptions to look out for</b></p>   | <p><b>Pivot to basket is more of a spin – Body position is too up right and a narrow base.</b></p> <p>Same shooting points as in previous lessons.</p>   |   |   |

**Lesson 4 - Demonstrate basic layup technique.**

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| <p><b>Do now</b></p>    | <p>Are there any other methods to get closer to the basket to score?</p>   |  |   |
| <p><b>Teacher exposition</b><br/><b>(I do)</b></p>    | <p><b>Context:</b> A lay-up provides a player with the opportunity to drive at the opponent's basket, jump close to the target and release the ball safely at the backboard. When used effectively it has the highest percentage chance of scoring points.</p> <p>45 degree angle into the basket.<br/>         Right hand lay up – left foot, right foot, up<br/>         Left hand lay up – right foot, left foot, up<br/>         “soft” push of the ball onto the back board<br/>         Drive inside knee upwards and keep the ball above your head.</p> |  |   |
| <p><b>Learning task (We do / you do)</b></p>   |  |  |   |
| <p><i>Practice – basic layup technique</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• Task 1: In groups of 4 – 2 either side, practice both sides. Footwork and shot (for right handers start with left foot forward then correct steps)</li> <li>• Task 2: bounce, footwork and shot</li> <li>• Task 3: Drive and layup</li> <li>• Task 4: Drive around partner and layup.</li> </ul> | <p><i>Application – call your shots (layup)</i></p> <p style="text-align: center;"><b>Set up</b></p>  <ul style="list-style-type: none"> <li>• Students to play 3 v 3 or 4 v 4</li> <li>• Set shot and jump shot only in the key</li> <li>• If a student is in a position to lay up they shout “lay up” all students freeze until layup has been completed</li> </ul>   |  |   |
| <p><b>Responsive adaptations</b></p>    | <p><b>Developing</b><br/>Basic footwork without a dribble layups</p>   | <p><b>Securing</b><br/>Layups from the dribble</p> | <p><b>Mastering</b><br/>Greater focus on weak hand layups<br/>Reverse lay ups</p> |
| <p><b>Progress check questions</b></p>    | <p>Why would you try to layup more than taking a set or jump shot?<br/>         Why is the approach so important during a layup?</p>   |  |   |
| <p><b>Errors or misconceptions to look out for</b></p>    | <p><b>Student takes a broad jump on approach to the basket – shorten the step that is taken before the last take off step.</b><br/> <b>Student swings the ball across the body as he or she goes up for the shot – Student needs to lift the ball straight up on the shot.</b><br/> <b>The student shoots the ball too hard onto the backboard - The shot is a “soft” shot so reinforce pushing the ball to the backboard.</b></p>   |  |   |

**Lesson 5 - Demonstrate Lay up technique under pressure. (rebounding and boxing out)**

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| <p><b>Do now</b></p>    | <p>What are the key teaching points we need to remember for a layup?</p>  |  |   |
| <p><b>Teacher exposition (I do)</b></p>   | <p><b>Context: Rebounding</b> is one of the most important aspects of winning basketball games. Offensive rebounding gives your team extra chances, and free throw opportunities, and frustrates the defense. Defensive rebounding is a key part of good defense in general, limiting the offense to just one shot. <b>Boxing</b> out in basketball is a technique used by a player to position himself to best get a rebound after a shot has been missed. It is so effective that a shorter player can out rebound a taller player</p> <p>Sharp pass to attacker<br/>         React quickly! Receive and drive to basket – earn the foul<br/>         Step across the defender to gain an advantage.<br/>         Drive knee up to protect the ball<br/>         “soft” into the back board</p> |  |   |
| <p><b>Learning task (We do / you do)</b></p>   |   |  |   |
| <p style="text-align: center;"><i>Practice – trailing layup and rip drill</i></p>  <p style="text-align: center;"><b>Trailing</b></p> <ul style="list-style-type: none"> <li>• In pairs – Attacker and defender</li> <li>• Defender remains two steps behind attacker and starts with ball</li> <li>• Defender passes forwards to attacker</li> <li>• Attacker to drive in for lay up</li> <li>• Defender to “trail” and then put pressure on shot</li> </ul> <p style="text-align: center;"><b>Rip drill</b></p> <ul style="list-style-type: none"> <li>• Same as above but attacker rips ball from defender and attacks basket.</li> </ul> | <p style="text-align: center;"><i>Application – 3 pass 1 v 1</i></p>  <ul style="list-style-type: none"> <li>• Defender starts with ball.</li> <li>• Pass out to attacker and then close down</li> <li>• 3 passes before attacker can go to the basket in 1 v 1</li> <li>• Attack at speed</li> </ul> <p>Move this drill into a 3 v 3 game using the same principle</p>   |  |   |
| <p><b>Responsive adaptations</b></p>    | <p style="text-align: center;"><b>Developing</b></p> <p>Defender is passive throughout the drill</p>  | <p style="text-align: center;"><b>Securing</b></p> <p>Defender is active</p> | <p style="text-align: center;"><b>Mastering</b></p> <p>Add an additional defender<br/>         Reverse lay up under pressure<br/>         Use weak hand</p> |
| <p><b>Progress check questions</b></p>    | <p>Why do we need to react quicker than the defence?<br/>         Why is the step across the defender important?<br/>         Why are you aiming to be fouled as you perform the lay up?</p>  |  |   |
| <p><b>Errors or misconceptions to look out for</b></p>    | <p><b>Student takes a broad jump on approach to the basket</b> – shorten the step that is taken before the last take off step.<br/> <b>Student swings the ball across the body as he or she goes up for the shot</b> – Student needs to lift the ball straight up on the shot.<br/> <b>The student shoots the ball too hard onto the backboard</b> - The shot is a “soft” shot so reinforce pushing the ball to the backboard.</p>  |  |   |