

WEEK 5 LESSON PLANS

A. JOG DRIBBLE around court twice +dribble into center circle & back

=====

✳ “CRISSCROSS APPLESAUCE”-FACE BASKET

B. DEFENSE (REVIEW)

DEFENSIVE STANCE (SLIDE/STOP, NO WALKING)



DEFENSE FOR PLAYER THAT STILL HAS ALL THREE OPTIONS:

- ✳ SHOULDER WIDTH APART
- ✳ FACE OPPONENT
- ✳ BEND KNEES & BUTT LOW
- ✳ BALLS OF FEET
- ✳ SHUFFLE STEP (NO CROSSOVER)
- ✳ PUT RIGHT FOOT FORWARD TO MAKE OPPO GO LEFT
- ✳ RIGHT HAND MIRROR BASKETBALL AS OFFENSE TRIES TO PASS TO DEFLECT IT
- ✳ LEFT HAND FLICKING BASKETBALL UP. IF DOWN= FOULS
- ✳ WATCH THE BELLY BUTTON!!!
- ✳ *Always be sure your head is lower then the person you are guarding*

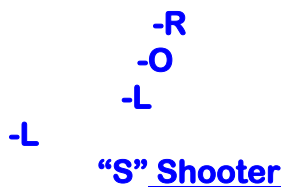
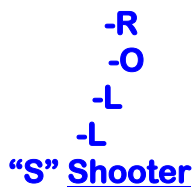
DEFENSE DRILLS:

1. CLOSEDOWN DRILL:

- ✳ DEFENSE ROLLS BALL TO SHOOTER & GOES INTO DEFENSE.
- ✳ SHOOTER DRIVE TO BASKET FOR A SHOT w/ Def on her..
- ✳ TRY TO GET OWN REBOUND AS DEF BOXES OUT.
- ✳ AND THEN OTHER SIDE DOES SAME.

BASKET

Def Rolls ball to “S” Def Rolls ball to “S”



REVIEW SHOOTING: BEEF

1/2 CLASS LAYUPS

1/2 CLASS MONKEY IN MIDDLE

LEARN PASSING AND DEFENSE.

- STAND IN A CIRCLE**
- HAVE 1- 3 PEOPLE IN THE MIDDLE.**
- THOSE IN MIDDLE OF CIRCLE = DEFENSE.**
- BLOCK OTHERS PASSES.**

THOSE THAT MAKE THE CIRCLE, PASS TO SOMEONE THAT'S NOT STANDING RIGHT BESIDE THEM

DRIBBLE TAG

- Give each player a ball.**
 - Tell them they have to stay inside coned area**
 - Each dribble ball while trying to take away the other player's basketballs.**
 - Go Back in AFTER 10 crossover-coach watch**
- Then do it w/ pinnies as teams**
-
-

D. PLAY GAMES W/ PINNIES (2nd graders)
4 PER TEAM. MUST GO BACK ON DEFENSE

E. RULES & GLOSSARY

- TRAVELING=** when the ball handler takes too many steps without dribbling; also called walking.
 - OFFENSE=** the team with possession (to be holding or in control of) the ball.
 - DEFENSE=** The act of preventing the offense from scoring; the team without the ball.
 - FOUL=** actions by players which break the rules
 - ASSIST =** the last pass to a teammate that leads directly to a field goal; the scorer must move immediately toward the basket for the passer to be credited with an assist
-

EXTRA STUFF

EVERYBODY PASSES BALL DOWN COURT & SHOOT

YOU AND YOUR BUDDY BOTH (TAKE 1 SHOT)

BASKET

Shoot
Pass

Shoot
Pass

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

XXX Pass to teammate XXX

REST OF TEAM STAND BACK HERE