

Unit of Work

Title: Basketball

Year: 9

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> • Ball familiarisation, Guarding the ball. 	Shake hands whilst dribbling, follow the leader, King of court, dribble tag.
2	<ul style="list-style-type: none"> • Triple threat, beating the defender. 	1 v 1, 2 v 2, x overs, cut throat dribble types eg spin.
3	<ul style="list-style-type: none"> • Develop Lay ups- both hands. Under pressure, reverse. 	Fast break drills, lay up lines, 2 v 1, conditioned games..
4	<ul style="list-style-type: none"> • Under pressure passing, team passing, half and full court. 	Conditioned games, pepper pot, give and gos' passing squares.
5	<ul style="list-style-type: none"> • Shooting-catch and shoot, shoot from the dribble. 	Carolina shooting, pairs shooting from spots. Killer, shooting tennis. 21's
6	<ul style="list-style-type: none"> • Defence, ball, off the ball, help defence. 	3v2's, 2v1's, shell drill, footwork drills, defending the break, conditioned games, 6v5.
7	<ul style="list-style-type: none"> • Team Play- Teacher chosen PoP. 	Passing games, offence and defensive set ups. Fast break drills, Ball movement.
8	<ul style="list-style-type: none"> • Team Play/Tournament. 	SSG's, cut throat, conditioned games.