

## Unit of Work

Title: Basketball

Year: 10

Length of unit: 8 x 60 min lessons

<b>Lesson</b>	<b>Objectives</b>	<b>Possible Activities</b>
1	<ul style="list-style-type: none"> <li>Fundamentals, dribbling, passing, pivoting.</li> </ul>	Conditioned games, peer assessment, pupil led warm up and coaching.
2	<ul style="list-style-type: none"> <li>Ways of beating the defender. What move and when.</li> </ul>	Jab steps, shot and pass fakes, cutting, 1v1, 2v1, Types of dribble.
3	<ul style="list-style-type: none"> <li>Develop Lay ups- both hands. Under pressure, reverse.</li> <li>Which lay up type to use?</li> </ul>	Fast break drills, lay up lines, 2 v 1, conditioned games. Analysis of technique when under pressure or using different lay up.
4	<ul style="list-style-type: none"> <li>Under pressure passing, team passing, half and full court.</li> </ul>	Conditioned games, passing squares. Analysis on different passes and reasons for using each.
5	<ul style="list-style-type: none"> <li>Shooting-catch and shoot, shoot from the dribble.</li> <li>Shot selection</li> </ul>	Carolina shooting, pairs shooting from spots. Killer, shooting tennis. 21's. Positional shooting.
6	<ul style="list-style-type: none"> <li>Defending the ball, the first pass and help side.</li> <li>Zone defending.</li> </ul>	3v2's, 2v1's, shell drill, footwork drills, defending the break, conditioned games, 6v5. Reasons for each type of defending.
7	<ul style="list-style-type: none"> <li>Team Play- Teacher chosen principle of play.</li> </ul>	Passing games, offence and defensive set ups. Fast break drills, Ball movement.
8	<ul style="list-style-type: none"> <li>Team Play/Tournament.</li> </ul>	SSG's, cut throat, conditioned games.