

Unit of Work

Title: Basketball

Year: 8

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> • Ball familiarisation, Dribbling-Finger pads, head up, under control 	Shake hands whilst dribbling, follow the leader, King of court, dribble tag.
2	<ul style="list-style-type: none"> • Protecting ball, triple threat, pivoting. 	Picking up after dribble, 1 v 1, King of court, Cut throat games. Cutting to ball
3	<ul style="list-style-type: none"> • Develop Lay ups- both hands. 	Lay up lines, add pressure. 2 v 1, different speeds and angles.
4	<ul style="list-style-type: none"> • Under pressure passing. • Different types and in teams. 	Passing lines-passing on the move. Conditioned games-2 v 1, 1 v 1.
5	<ul style="list-style-type: none"> • Set shot-technique re-cap add dribble and shoot. 	BEEF, Shooting games, killer, in the pot, races add pressure.
6	<ul style="list-style-type: none"> • Defence, Stance- footwork. 	1 v 1 defender scoring. Evasion belts, slide/footwork drills. Conditioned games.
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.