

Basketball

Competency: ***Interacts*** with others in different physical activity settings

Planning includes 5 documents:

- Introduction
- Level 1
- Level 2
- Evaluation
 - Evaluation grids and observable criteria Levels 1 and 2
- Reference material
 - Poster: Dribble, shots and triple threat

Basketball

In this document:

- Basketball rules
- Elements
- Techniques
- Information

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I ntroduction

P hysical education and health



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Drill # 5.2 : The goal: Ask the students to create an efficient strategy

Organization:

- Ask the students to form teams
- Explain the roles each player can play (see drill # 4.1)
- Make them work on their strategies and enable them to work during the game

Technical points (execution):

- ⇒ The students must communicate with one another
- ⇒ Ask them to write down their strategy
- ⇒ Enable everybody to play the role that they want to play
 - The students develop a good defense strategy (zone, man-to-man, etc. adapt according to the aptitudes of their team's players and to those of the other team's players)

Possible variants:

- Ask older students to help younger ones (multiple classes)
- Name captains in each team

Material:

- Ball for the game
- Paper and pencil for the teams

Introduction :

- ◊ Basketball rules
- ◊ Technical elements
- ◊ Information

Level 1 :

- ◊ Drills for secondary 1,0 1,1 1,2

Poster:

- ◊ Shots
- ◊ Dribbling
- ◊ Triple threat

Roles

Drill # 4.1: The goal: Be able to play the different roles possible

Organization:

- Ask the students to define the different roles in each of the teams

Technical points (execution):

- ⇒ Play games (modified or not)
- ⇒ The student must work with his teammates.
 - The student takes a role that he can accomplish
 - The students agree on each of the roles within the team
 - The students is able to do the requirements of the role during the game
 - The student changes his role during the course of a game to adjust his performance with that of his teammates

Possible variants:

- Ask the students to play roles with which they have difficulty
- Require the students to wear distinctive pennies for each one of the roles
- Ask the students to form teams of 4 and to limit the possible roles

Material:

- 1 ball per game

Strategies

Basketball strategies are based on the abilities of each of the players and also on the number of players per team. Here is a brief summary of the positions that the players can play and the expectations for each of these positions.

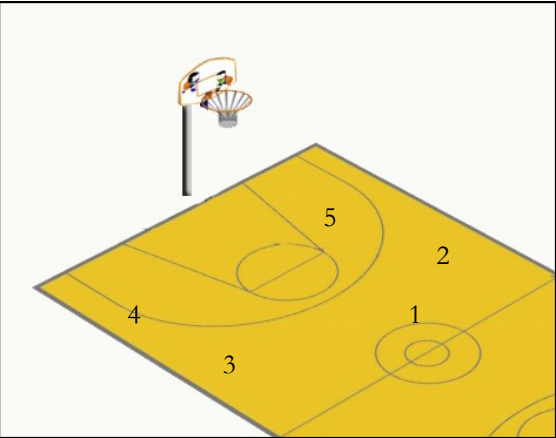
Playmaker (position 1) : This player launches the attack and establishes the pace of the game by bringing up the ball. Very comfortable at handling the ball, the play maker makes sure his partners play. He knows how to exploit weaknesses of the opposing team and makes several decisive passes. He reads the game well. It is normal for him to carry the ball often.

Shooting guard (position 2): The shooting guard can help the playmaker to make the ball progress if the opposing team puts pressure. He is a good shooter at middle and long range. He is usually shorter than the forwards.

Small forward (position 3) : Usually, this position is held by fast players. The small forward must be versatile, able to shoot from a far distance and to play in the restrictive zone. By positioning himself as an outside player, he creates openings in the defense creating space for his partners. It is said to be the most defensive position along with the pivot.

Power forward (position 4): Powerful and usually active on the wings and the base line, the power forward attacks dribbling and tries intentionally to get bonus shots. Sometimes, these actions can close the defensive and he can then pass to players 1, 2 or 3. He does the same actions as the pivot, but he stands in front of the basket.

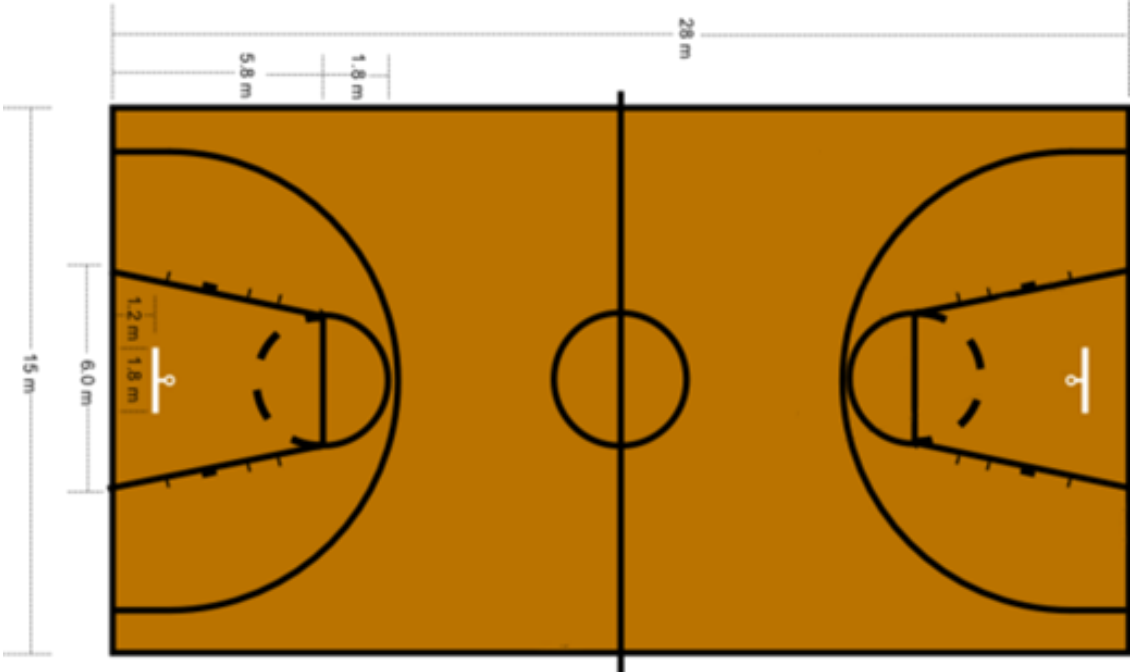
Pivot or center (position 5): This player, the strongest of the team (not necessarily the tallest), stands near the basket. He receives the ball from a teammate and tries to score baskets at short distance. Usually, he has his back against the basket and pivots after receiving the ball to face the basket.



*Documents Allez-Up

Basketball rules

Court



http://www.poiuresurvie-basket.com/origine_basket.php

Start of the game

2 players, one from each team, are in the center of the court. The referee tosses the ball between the players; this is called the jump ball.

The teams

Number of players: 2 teams of 5 players.

Scoring points

Shooting the ball in the opponent's team basket.

Each zone defines a different score:

- ⇒ A shot outside the 6.25 metres zone (3 points)
- ⇒ A shot inside the 6.25 meters zone (2 points)
- ⇒ A shot resulting from a fault on the free throw line (1 point)

NOTE

Certain girls do not feel up to it in this sport. Give 1 extra point per basket done by a girl. This way, they will have the ball and receive passes more often.

During the game

Players dribble with the ball or make passes to progress on the court until they can shoot the ball into the opponent's basket

When the ball leaves the zones, the referee gives it back to the opposing team who has 5 seconds to shoot the ball. After a basket, the team who has just been scored starts with the ball behind the base line.

NOTE

In spite of the rules, minimize the contacts in this sport. It will be easier for you to focus your teaching on technical points rather than on the faults

The offensive team has:

- 8 seconds to move the ball into the opponents' zone (half the court).
- 24 seconds total to shoot towards the basket.

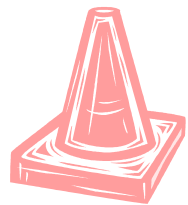
The players cannot stay more than 3 consecutive seconds in the opponent's restrictive zone (three-second area).

- 5 seconds for a throw-in

Duration

Four 10-minute periods according to the FIBA rules. In the gymnasium, two 15- or 20-minute periods are appropriate.

Security



- Always place the students in the same direction when they practice passes or shots.
- Do not shoot the ball too hard unnecessarily
- Avoid aiming at the face.
- Tell them to always follow the ball during the exercises.
- Use a ball size appropriate to the age of the students.

NOTE

You will obviously have to adopt the rules according to the student clientele. Keep the basis: the students will have more fun if the rules are at their level.

Offensive

Drill # 3.1 : The goal: Be able to get free

Organization:

- Ask the students to place two defensemen on the court
- Make two teams of three for the forwards
- Make three corridors on the floor with cones on the length of the gymnasium

Technical points (execution):

- ⇒The forwards must stay in their zone and progress with the ball until they reach the end of the court
- ⇒The defensemen can go through the cones and prevent passes.
- ⇒The forwards must free themselves in their zone:
 - Place themselves in a free space to receive the ball
 - Stand at a good distance: not too far and too close of the ball carrier.
 - Communicate with the ball carrier to indicate his/her position
 - Indicate the place where the student can receive the ball

Possible variants:

- Play 4 against 3
- The defensemen cannot come out of the zones
- Passes only, not dribbling
- Finish with a shot on the basket and practice the rebound or the block shot (see the previous drills)

Material :

- 1 ball per team of 3 students



Drill # 3.3 : The goal: Be able to establish offensive strategies

Organization :

- Ask the students to form teams and create offensive strategies using each player's abilities

Technical points (execution):

- ⇒The student must work with his teammates.
 - The student communicates with his teammates
 - The student gives his ideas and respects the others' ideas
 - The student listens to his teammates' ideas
 - The situation applies the strategy in a game situation

Possible variants:

- Practice the possible blocks
- Enable the students to define the strategies on paper
- Propose ideas to the students to define efficient offensive strategies

Material:

- 1 ball per game
- Pennies
- Paper and pencil if necessary

Drill # 2.5: The goal: Be able to do a block shot

Organization:

- Ask students to form teams of two
- One ball per team

Technical points (execution):

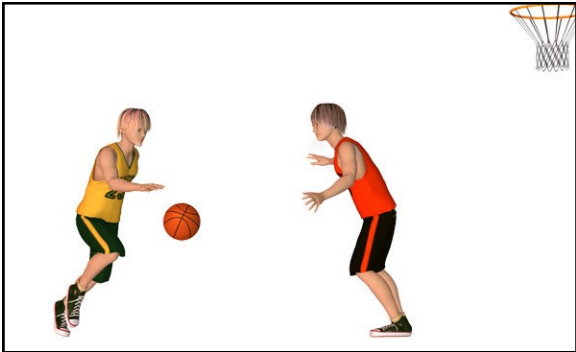
- ⇒Ask the student who has the ball to progress while dribbling and practice the shot of his choice
- ⇒Ask each student to do a block shot
- The student must know at all times where are his opponent and the ball
 - Stand close to the basket
 - Jump at the appropriate moment
 - The student must not take his eyes off the ball
 - Arms extended

Possible variants:

- Two against two
- Practice the rebound (see the next drill)

Material:

- One ball per team



Drill # 2.6: The goal: Be able to do a defensive rebound with different drills

Organization:

- Ask the students to practice alone and in teams of two and three afterwards (several drills are described)

Technical points (execution):

- ⇒ # 1: make the students practice jumping towards the panel. Jump with the feet together using the left hand, and the right one, and then both hands, repeat several times
- ⇒ # 2: in teams of two, the students jump at the same time on each side of the basket and pass the ball using the panel to make the ball rebound. Try to catch ball while it is in the air.
- ⇒ # 3 : in teams of three, a student makes a free throw, the second player places himself to catch the rebound and tries to make a pass to the third player placed at the intersection of the side and the base lines.
- ⇒The two forwards must make passes over the head of their defenseman.
- The student must know at all times where his opponent are and where the ball is
 - He must place himself near the basket
 - Try to do a rebound at each shot done by the opponent
 - After a shot, take a step towards the opponent
 - The student must pivot towards the basket by presenting his back to the player he is marking so as to stop him from getting to the ball
 - Hand over the shoulders
 - Elbows pointing towards the outside
 - Jump towards the ball with force while bending the knees and catching the ball with both hands
 - Protect the ball while falling on the ground

Possible variants:

- When the shooter gets intercepted, the defenseman takes his place

Material:

Faults

- Dribble with 2 hands (the referee gives the ball back to the opponent team).
- Start to dribble again after an off side (the referee gives the ball back to the opponent team).
- Walk with the ball without dribbling (more than 2 steps) (the referee gives the ball back to the opponent team).
- Use another part of the body to control the ball.
- Physical contact is forbidden (you will have to use your judgment).
- A player cannot re-enter the zone after he has crossed the middle line.

NOTE

To see images of the moves, see the poster that comes with the documents.

Dribbling (see the poster)

Technical points concerning high and low dribbles.

Shots (see the poster)

Technical points concerning the layup and the jump shot.

Triple-threat (see the poster)

A position that threatens the opponent team.

For more information:

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Useful links:

- <http://www.commentfaiton.com/fiche/voir/32128/comment-se-mettre-en-position-de-triple-menace-au-basketball>
- <http://basketsession.com/la-triple-menace/>

Basketball

In this document:

- Dribble
- Passes
- Types of shots
- Pivot foot
- Feints

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Level

1

Physical education and health



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Drill # 2.3 : The goal: Be able to understand a zone defense

Organization:

- Ask the students to form teams of 3
- Create 3 zones with cones or lines

Technical points (execution)

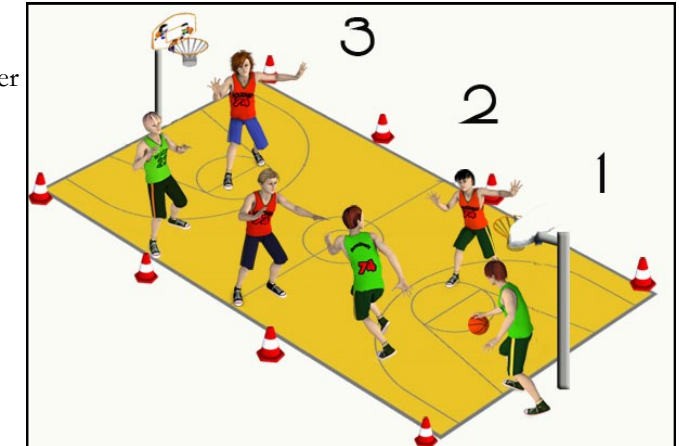
- ⇒ The defensemen stay in their zone (1-2-3)
- ⇒ The forwards make passes and/or dribble to cross the 3 zones of defensemen
- ⇒ Each defensemen must cover a specific part of the court
 - Use a basic defensive position (see 2.4)
 - Stay in the pre-established zone
 - Communicate with his/her teammates in the other zones
 - Put pressure on the ball carrier

Possible variants:

- Form teams of 4

Material:

- One ball per team of 6
- Cones



Drill # 2.4 : The goal: Be able to adopt a good basic defensive position

Organization:

- Place the cones in two rows along the gymnasium
- Place 3 defensemen at the centre of the cones
- Ask the forwards to form teams of two with one ball per team

Technical points (execution):

- ⇒ The forwards, in teams of two, make passes through the defensive zone
- ⇒ The defensemen try to intercept the balls by keeping a good defensive position (give the ball back to the forwards)
 - Feet shoulder wide
 - Knees bended
 - Back straight and head high
 - Adopt a proactive position avoiding stiffness
 - Put the weight on the soles of the feet if the ball carrier is not a threat or on his/her heels if the ball carrier is threatening
 - Move the arms from the body, turn the palms towards the outside and bend slightly the elbows
 - Look at the opponent's navel to avoid getting outplayed by a feint of the head, the eyes, the shoulders, etc.

Possible variants:

- Get closer if it is too difficult

Material:

- One ball per team of 2



Defense

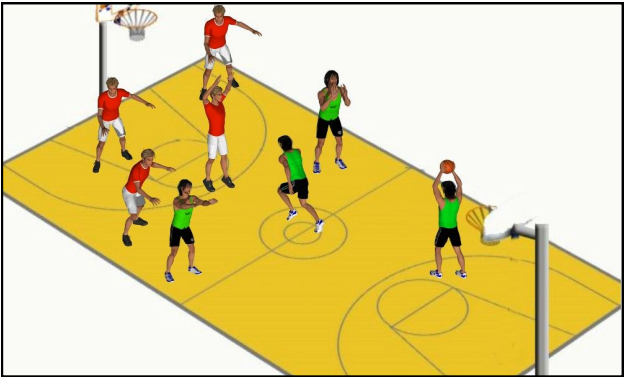
Drill # 2.1 : The goal: Be able to do a defensive fallback

Organization:

- Do a 4 against 4 or 5 against 5 game
- Ask the students to make the teams

Technical points (execution):

- ⇒The teams change quickly from offense to defense
- ⇒Do not put the ball back in play after a team scores if a basket is scored before the whole team retires in the free-throw line. The offense team gets additional points
- The defenseman places himself immediately between the forward and the basket
 - Block the shot.
 - Take the ball away
 - Orient the forward far away from the shooting zone or towards his weak dribbling hand
 - Protect the central zone



Possible variants:

- Put a second ball in play after a basket is scored

Material:

- One ball or two per 2 teams

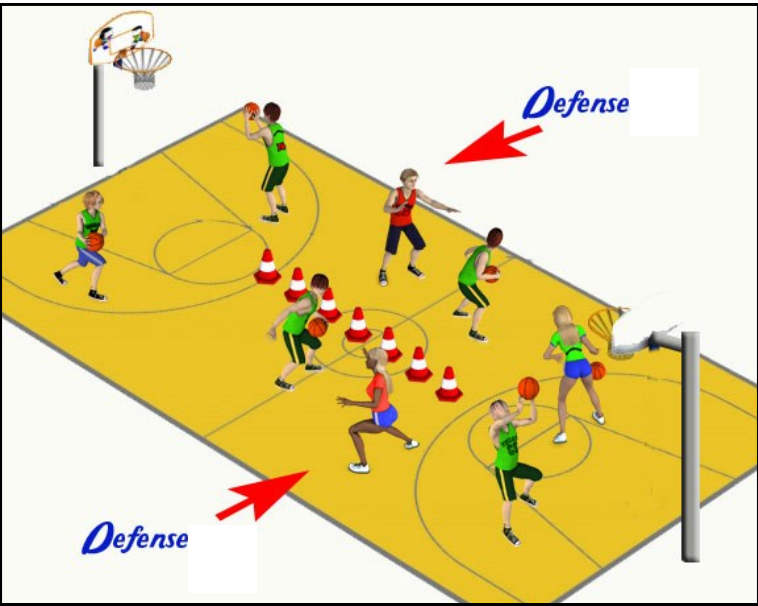
Drill # 2.2 : The goal: Be able to understand a man-to-man defense

Organization:

- Ask the students to choose 2 defensemen
- Make a cone line in the center
- The other students have a ball
- Create a shooting line (the defenseman’s movement is limited)

Technical points (execution): the offensive team must try to dribble without loosing the ball and then shoot the ball towards the basket

- ⇒The offensive players turn clockwise
- ⇒The defensemen stay in position (rotate the defensemen after 5 minutes)
- ⇒Prevent the player from passing the ball
- Watch the player approaching
 - Do not lose him until the shooting line
 - Move in cross steps



Possible variants:

- Ask the defensemen to block the shooter
- Place two defensemen each side (closer to a man to man defense during a game)

Material:

- One ball per person on offense
- Limit the court with cones

Dribble

Note : if your students are in Level 1,1 1,2 1,3, but very advanced in basketball, go over these drills quickly as a reminder. Then, go the Level 2 document in order to make your students progress fast.

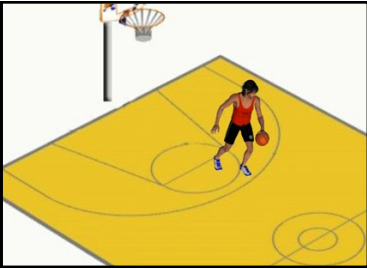
Drill # 1.1: The goal: Be able to dribble

Organization:

- Ask the students to get a basketball

Technical points (execution):

- ⇒The student must dribble in a small zone without losing the ball
- The hand does not hit the ball, it rather pushes it The students must bend the wrist and whip the fingers.
 - Extending his wrist and his fingers, the student slows down the ball with his hand.
 - The player looks ahead of him not in the direction of the ball.
 - The student controls the ball. In other words, he must stay in the same place.

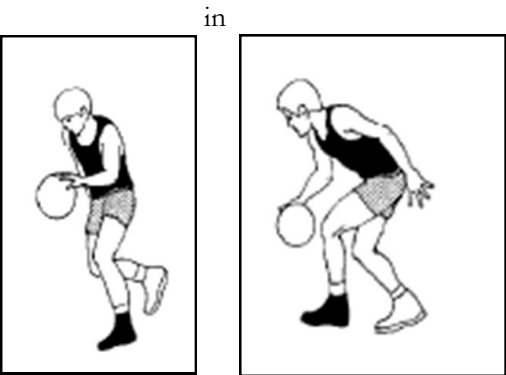


Possible variants:

- Change hands
- Do the drill walking and running
- Go around the gymnasium
- Use cones to make up a course

Material:

- One ball per student



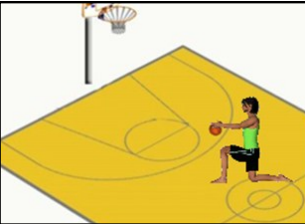
Drill # 1.2 : The goal: Be able to dribble with one knee on the ground

Organization:

- Ask the students to pick up a ball and isolate themselves from the others

Technical points (execution):

- ⇒The student dribbles with his right hand standing up, then puts one knee down while dribbling and then stands up again.
- The student controls the ball. In other words, he must stay in the same place.
 - The hand does not hit the ball, it rather pushes it The students must bend the wrist and whip the fingers.
 - Extending his wrist and his fingers, the student slows down the ball with his hand.
 - The player looks ahead of him not in the direction of the ball.
 - The student must limit the time during which the ball is in the air. In other words, the ball must stay close to the ground.



Possible variants:

- Do the drill blindfolded
- Use one hand to go down, and the other to come up

Material:

- One ball per student

Drill # 1.3 : The goal :

Be able to dribble while moving

Organization :

- Ask the students to get a ball and to stand on the same line (move through the court widthwise or lengthwise)

Technical points (execution):

⇒The student must dribble while moving in a straight line towards to the end of the gymnasium, as fast as possible. For the more skilful students, it is possible to do the same drill by making them circle around cones.

⇒Prioritize quality rather than speed

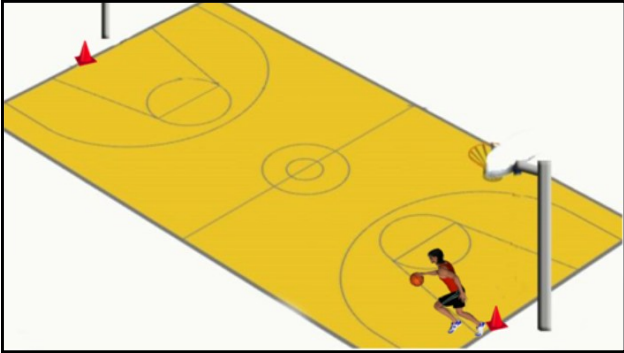
- The direction of the dribble must be coordinated with the course and speed of progression.
- The student controls the ball.
- The student must not walk with the ball. In other words, he/she cannot progress without dribbling.
- The student must look ahead of him and not at the ball.

Possible variants:

- Do the drill with cones
- Have two teams compete
- Change hands

Material:

- One ball per student
- Cones if necessary



Triple threat

Drill # 2.1:

The goal: Be able to adopt the triple-threat position quickly

Organization:

- Ask the students to form teams of two players

Technical points (execution):

⇒Ask the students to make a pass to their teammate

⇒When receiving the ball, the student must adopt the triple-threat position

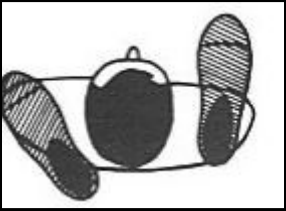
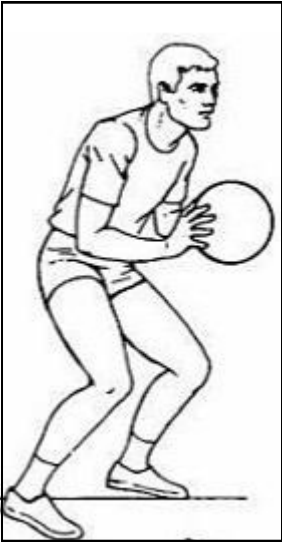
- Receive the pass, dominant hand on top of the ball, non-dominant hand on the side
- Hold the ball hip high
- Face the defenseman
- Feet shoulder wide
- Knees bent
- Body slightly leaning forward
- Shoulders leaning

Possible variants:

- Do the drill in teams of 3-4
- Make again a pass after receiving the ball, shoot or start dribbling

Material:

- One ball per team of 5 or 4
- Delimit a court with cones



<http://coach-dav-life.over-blog.com/article-1916579.html>

Dribble

Note : if your students are in Level 2,1 2,2 2,3, but need a refresher course, go quickly over the Level 1 document’s exercises at their speed. Then, go this document in order to make your students progress.

Drill # 1.1 : The goal:

Be able to dribble with both hands with 2 balls

Organization:

- Ask the students to get two balls each (form teams if you do not have enough balls)

Technical points (execution):

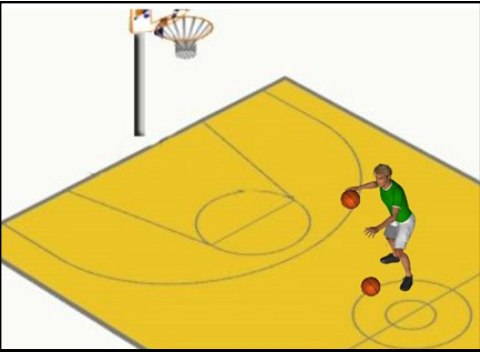
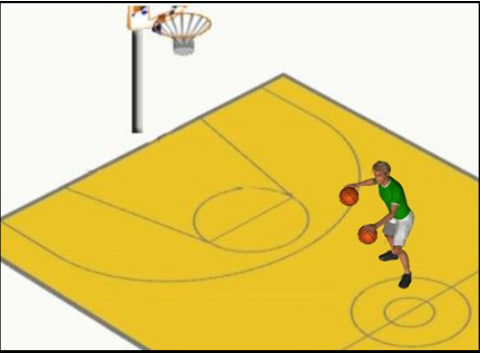
⇒The student must control two balls at the same time

- The student controls the balls.
- The hand does not hit the ball, it rather accompanies, i.e. the ball is pushed by bending the wrist and whipping the fingers.
- Extending his wrist and his fingers, the student slows down the ball with his hand.
- The student must limit the time during which the ball is in the air. In other words, the ball must stay close to the ground.
- The player looks ahead of him and not towards the ball.

Possible variants:

- Work changing hands
- Make a course
- Walk, run

Material:



Drill # 1.2 : The goal:

Be able to dribble using different hand games

Organization :

- Ask the students to get a ball each

Technical points (execution):

⇒**A net weight transfer (push hard on plant feet) will help him/her change directions during these drills.**

⇒Simple hand change

- Dribble by passing the ball in front of the body under knee level

⇒Hand change in the back

- Dribble by passing the ball behind the body

⇒Hand change between the legs

- Start dribbling then dribble between the legs (in the front or in the back)

⇒Hand change changing directions

- Dribble by doing a complete rotation (360°)

IMPORTANT: When dribbling, high or low, ask the **students not to look at the ball:** it is essential to do so they can communicate with their partner, to watch their opponents or to situate themselves on the court

Possible variants:

- Have the students compete
- Ask the students to do different dribbles while playing

Material :

Basketball

In this document:

- Dribble
- Defense/Offense
- Roles
- Strategies

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Level

2

Physical education and health



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The pass

Drill # 3.1 : The goal: Be able to do a chest pass

Organization:

- Ask the students to form two teams, with one ball per team

- Face the wall with one ball per student

Technical points (execution) :

- ⇒ One student makes a pass to his partner facing him
- ⇒ The student who received the ball, then, makes a pass
- ⇒ Or the students throw the ball against the wall
 - Keep the head high in order to look ahead
 - Keep the hands and feet behind the ball
 - Keep the ball near the chest
 - Keep the fingers comfortably apart around the ball
 - Take a step in front while releasing the ball
 - End with a whip of the wrists
 - Extend the arms at the end of the movement



Possible variants:

- Get closer if it is too difficult
- Back off if it is too easy
- Try to hit targets on the wall
- Make passes in teams of 3 or 4

Material:

- One ball per team of 2 students

Drill # 3.2 : The goal: Be able to make a rebound pass

Organization:

- Ask the students to form teams of three with one ball per team

Technical points (execution):

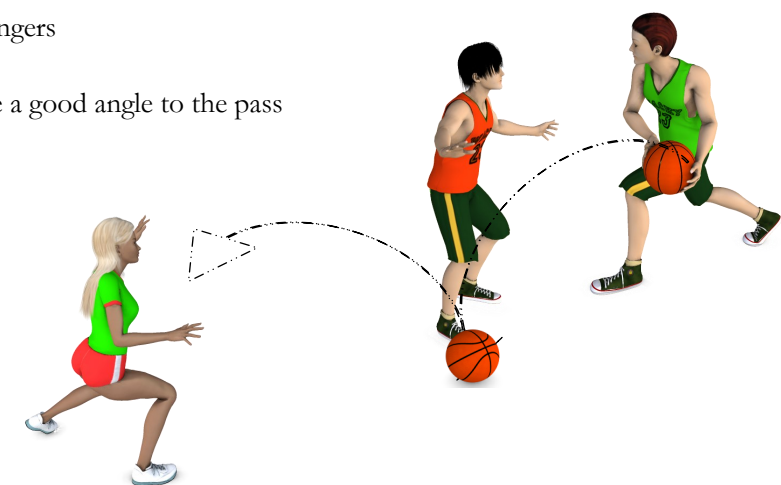
- ⇒ One student makes a pass to his partner facing him
- ⇒ The student who received the ball, then, makes a pass
- ⇒ Ask the other student to act as a defenseman
 - Keep the head high in order to look ahead
 - Keep the hands and feet behind the ball
 - Push the ball way under the opponent's arms
 - Push the ball towards the ground using the fingers
 - Bend the body
 - Extend the arms to have more space and give a good angle to the pass

Possible variants:

- Get closer if it is too difficult
- Back off if it is too easy
- Move while dribbling and make a pass
- Make teams of two teams

Material:

- One ball per team of 3 students
- Make drills 2 against 2



Drill # 3.3 : The goal: Be able to make a baseball pass

Organization:

- Ask the students to stand alone, each with a ball
- Place targets on the wall

Technical points (execution):

⇒Ask the students to practice their shot by trying to hit the targets

- Keep the head high in order to look ahead
- Keep the hands and feet behind the ball
- Do a transfer of weight
- Do a trunk rotation from back to front
- Throw the ball with one hand



Possible variants:

- Practice in teams of two. Back up one step each time a target is hit
- Organize a contest to determine the one that reaches the most targets
- Take shots at different distances
- Organize workshops with different targets (hoops on the ground or on the wall, but at different distances)
- Form teams of 3 with a defenseman

Material:

- One ball per student or per team

Drill # 3.4: The goal: Be able to do an overhead pass

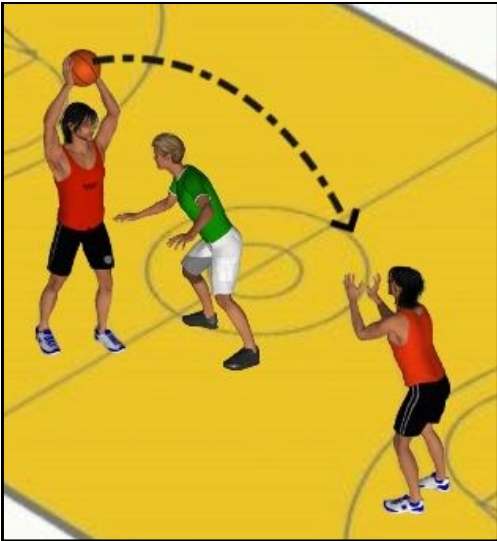
Organization:

- Ask students to form teams of 3

Technical points (execution):

⇒The two offensive players must make passes over the head of the defenseman

- Keep the head high in order to look ahead
- Keep the hands and feet behind the ball
- Hold the ball a little behind the head
- Arm the wrists backwards
- Release the ball in front of the head
- For more power and precision, tighten the abdominal muscles, finish with a little snap of the wrists and fingers



Possible variants:

- Practice in teams of two. Back up one step each time a target is hit
- Have the students compete to determine the one that reaches the most targets
- Take shots at different distances
- Organize workshops with different targets (hoops on the ground or on the wall, but at different distances)
- Practice two against two
- When the shooter gets intercepted, the defenseman takes his place

Material:

Drill # 7.1 : The goal: To be able to feint a shot

Organization:

- Ask the students to form two teams
- Courts for 2 teams of 2 players
- Try to create courts with baskets or with physitubes if you do not have enough baskets

Technical points (execution):

⇒The students, in teams of 2 players, try to do feints each in turn

⇒ The students can try to shoot towards the basket by using a feint practiced before

⇒Deceive the defenseman in order to make him extend his arms to block a shot to the basket and suddenly make a pass.

- Jump after dribbling or making a pass
- Make the defenseman move in order that he does not know where to go, then make a pass to a teammate
- Make sure the partner is uncovered
- Establish good communication with the partner
- Try the other possible feints with the different types of passes seen previously

Possible variants:

- 4 against 4
- 3 against 3
- Require the players to come dribbling
- Require the players to use different shooting techniques
- Require the players to use different types of passes

Material :

- A ball per team of 4



Introduction:

◊Basketball rules

◊Technical elements

◊Information

Level 2:

◊Drills for Secondary 2,1 2,2 2,3

Poster:

◊Shots

◊Dribbling

◊Triple threat

Feints

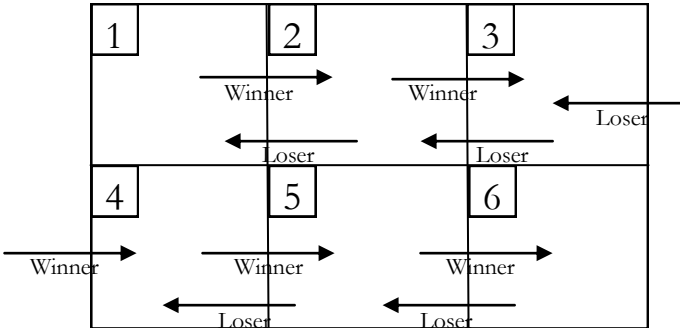
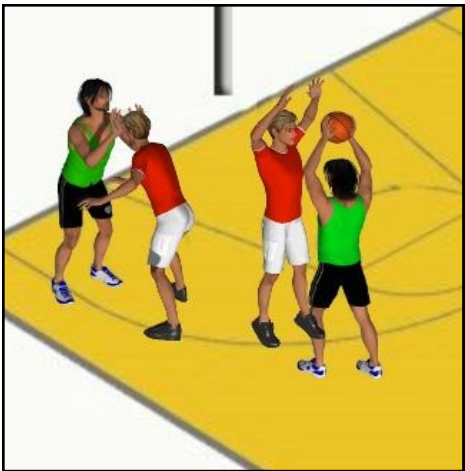
Drill # 7.1: The goal: Be able to feint changes of direction

Organization:

- Ask the students to form teams of 2 players
- Bring two teams on a determined zone
- The students must dribble or make passes in the area without losing the ball

Technical points (execution):

- ⇒Students must feint a high pass before doing a rebound pass
- ⇒Ask the teams to make as many passes as possible
- ⇒After 5 minutes, the team that made the most passes changes places, going to the right, the team that lost goes towards the left (the losing team stays in box 1, and the winning team in box 6)
- Apply the criteria of the high pass, the baseball pass or the over the head pass
- Change quickly the type of pass and finish with a rebound pass
- Make sure the partner is uncovered
- Establish good communication with the partner



Possible variants:

- Make only 3 courts (according to the number of students)
- Require several types of passes, feints and dribble

Material :

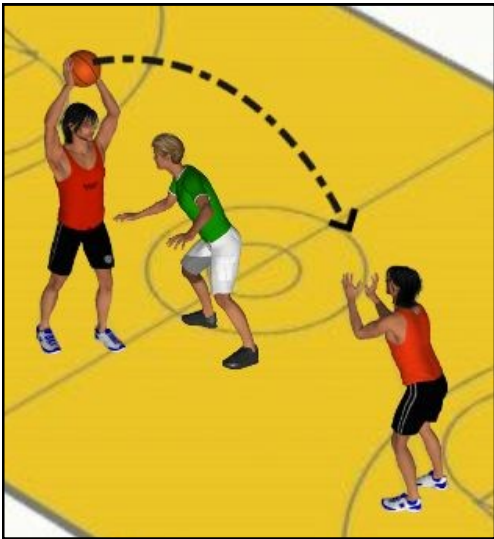
- One ball per team of 4
- Cone to define the court

Drill # 7.2 : The goal: Be able to do a body feint

Organization: Ask the students to form teams of three

Technical points (execution):

- ⇒The two offensive players must make their pass while feinting
- ⇒Look at the defenseman standing on the opposite side of the target receiver, then change sides
- Look in the opposite direction of the receiver
- Use the type of pass which is the most appropriate
- Make the pass on the other side
- Make sure the partner is uncovered
- Establish good communication with the partner



Possible variants:

- Ask the student to dribble before making a feint
- Change the pass style required during the feint

Material:

- 1 ball per team of 3

Shots (lay up)

Drill # 4.1: The goal : Be able to do a lay-up

Organization:

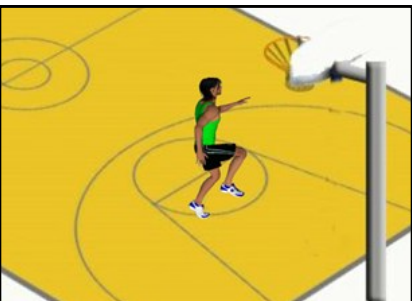
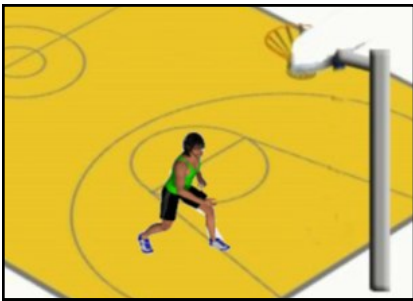
- Ask the students to stand in a corner keeping a certain distance between each other

Technical points (execution):

- ⇒The student takes two steps and jumps vertically near the basket without the ball.
- The student takes the steps in the right order (left, right, left or right, left right)
- The take off step is used to attack the basket.
- The student lifts the knee of the impulsion leg.
- Vertical jump.

Possible variants:

- Vary the length of the steps
- Vary the approach speed



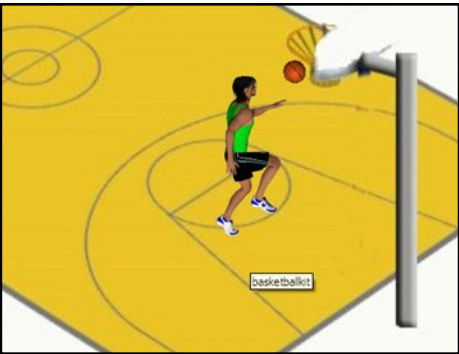
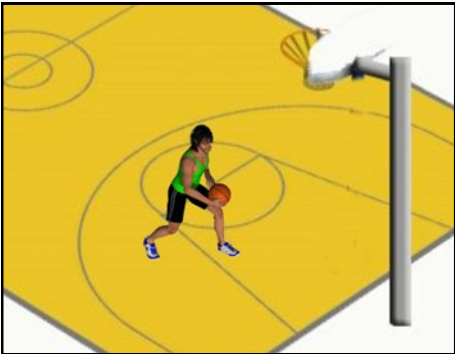
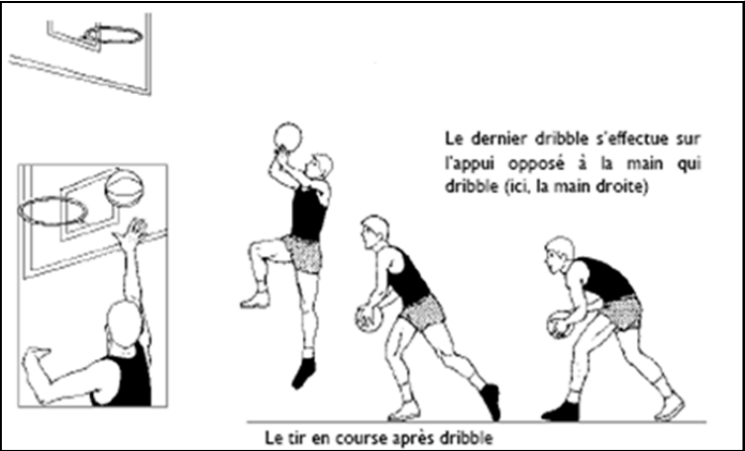
Drill # 4.2: The goal : Be able to do a lay-up

Organization:

- Ask the students to get a ball
- Divide the class and place the teams in front of the baskets

Technical points (execution):

- ⇒The student stands on the side of the basket
- ⇒The student takes a step, jumps on the take-off foot and shoots the ball in the basket.
- Vertical jump.
- The take off step is used to attack the basket.
- The student lifts the knee of the impulsion leg.
- The ball is thrown over the head.
- The student aims at the board upper corner when shooting the ball.



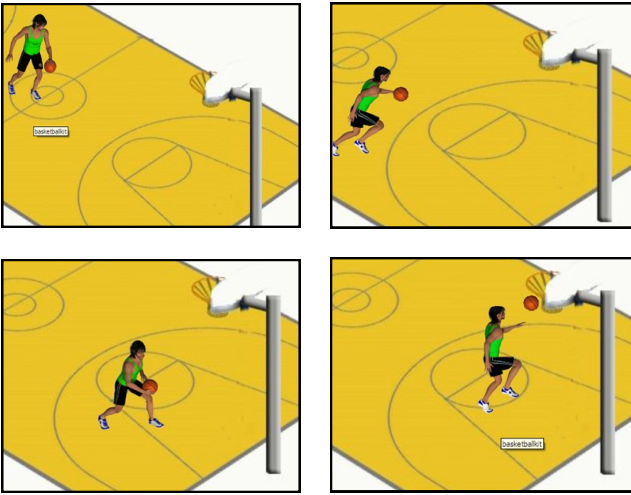
Drill # 4.3: The goal: Be able to do a lay-up

Organization:

- Ask the students to have each a ball
- Make rows in front of the baskets, one student at a time

Technical points (execution):

- ⇒The student must start from the center line
- ⇒Dribble while progressing towards the basket
- ⇒Near the basket, he must make the following steps: left, right, left or right, left, right
- ⇒Jump on the take-off foot
- ⇒Throw the ball into the basket
 - The student aims at the board upper corner when shooting the ball.
 - The take-off step is used to attack the basket.
 - The student lifts the knee of the take-off impulsion leg.
 - Vertical jump.
 - The students takes the steps in the right order.



Possible variants:

- Ask the student to make a pass before starting to dribble

Material:

- One ball per student

<http://www.basketcoach.com/fondamentaux-offensifs/technique-du-dribble/>

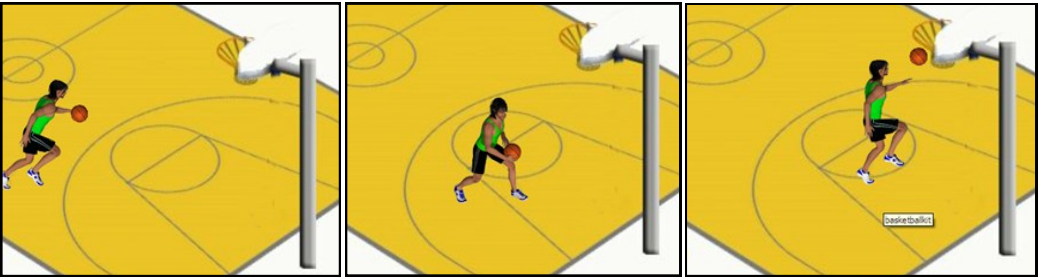
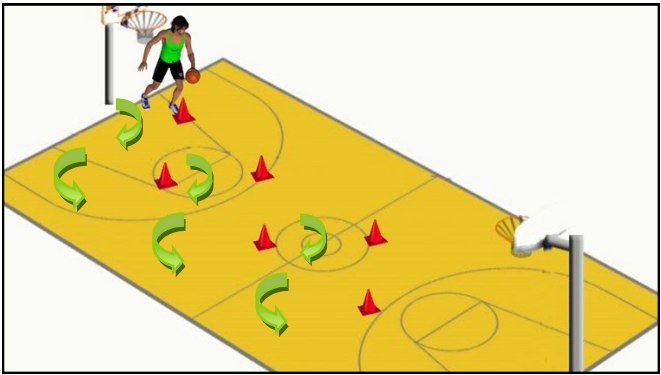
Drill # 4.4 : The goal: Be able to do a lay-up

Organization:

- Ask each student to get a ball
- Create a course with cones

Technical points (execution):

- ⇒The student must cross the course while dribbling.
- ⇒Once near the basket, he must take a step to move forward, another step to attack the target and then jump vertically on the take-off foot and shoot the ball into the basket.
 - The students takes the steps in the right order.
 - The student controls the ball.
 - The take-off step is used to attack the basket.
 - The student lifts the knee of the take-off impulsion leg.
 - Vertical jump.



Possible variants:

- Change the course
- Do the course more quickly

Material:

- One ball per student
- Cones

Pivot foot

Drill # 6.1: The goal: Be able to do a pivot foot

Organization:

- Ask the students to form teams of 2 or 3
- Ask them to practice each their turn, making passes

Technical points (execution):

- ⇒Students are in teams of three and make each a pass of their choice, keeping pivot foot
 - Do not lift the foot that remains on the ground
 - The pivot is done on the tip of the toes of the chosen foot
 - Lower the center of gravity

Possible variants:

- Do the drill 2 against 2

Material:

- One ball per team of 3



To determine the pivot foot: upon reception of a ball, the player can use either foot as pivot foot; however as soon as one of the feet is raised, the other foot becomes the pivot foot. Upon reception of the ball while running, the first foot in contact with the ground becomes the pivot foot.

Drill # 6.2: The goal: Be able to do a pivot foot

Organization:

- Place hoops on the floor (several hoops)
- Ask the defensemen to stand in the hoops (one per hoop)

Technical points (execution):

- ⇒The defensemen must practice having a pivot foot in the hoop
- ⇒The defensemen must take away the balls from the forwards
- ⇒The forwards must cross the hoop territory by dribbling without loosing the ball
- ⇒If a defenseman strips the ball away, the forward takes his place
 - Do not raise the pivot foot
 - Lower the gravity center

Possible variants:

- Have more defensemen than forwards
- Reduce the zone

Material:

- 1 ball per forward
- Hoops



Drill # 5.3: The goal: Be able to do a jump shot

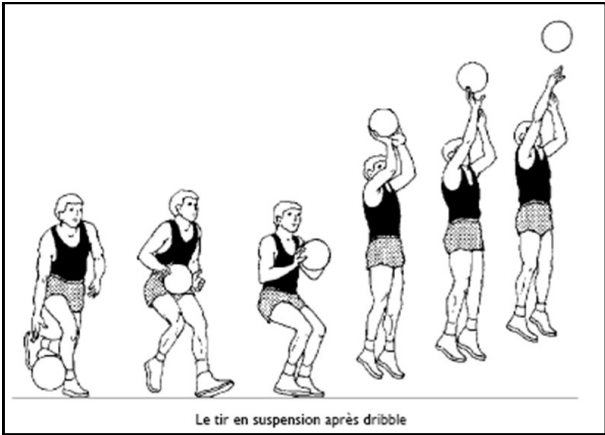
Organization:

- Ask the students to practice jump shot facing a wall

Technical points (execution):

⇒The student comes running and then makes a jump shot on the wall respecting the following criteria

- When shooting, the arm is fully extended.
- At the end, quick whip of the wrist.
- Legs hip wide.
- Knees bent.
- The supports are oriented towards the target
- Advance slightly the shooting hand plant foot.
- The impulsion of the shot is done by extending the legs.
- Look towards the target.
- Elbow under the ball
- The course of the shot must be between 35° and 45°
- When the body reaches its culminating point, shoot the ball by pushing the wrist, the hand and the fingers.



Possible variants:

- Practice with the basket

Material:

- One ball per student

Drill # 5.4: The goal: Be able to do a jump shot

Organization:

- Ask each student to get a ball
- Make two rows, one facing each basket
- Wait until the student in front of you has finished his shot

Technical points (execution):

⇒The student must stand at one end of the gymnasium.

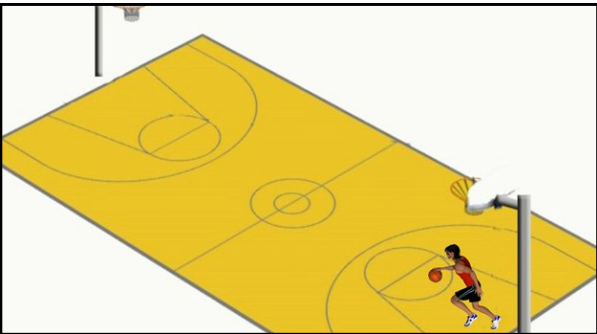
⇒The student must progress while dribbling until he reaches the free throw line.

⇒Then, he must do a jump shot.

- When shooting, the arm is fully extended.
- At the end, quick whip of the wrist.
- Legs hip wide.
- Knees bent.
- The supports are oriented towards the target
- Advance slightly the shooting hand plant foot.
- The impulsion of the shot is done by extending the legs
- Look towards the target.
- Elbow under the ball
- The course of the shot must be between 35° et 45°.
- When the body reaches its culminating point, shoot the ball by pushing the wrist, the hand and the fingers.

Possible variants:

- Shoot



S

hots

Drill # 5.1: The goal : Be able to shoot the ball

Organization:

- One ball per student
- The students face a wall or are near a basket

Technical points (execution):

⇒Ask the students to shoot the ball on the wall using the shooting technics

- When shooting, the shooting arm is completely extended.
- At the end, quick whip of the wrist.
- The impulsion of the shot is done by extending the legs.
- Legs hip wide.
- Knees bended.
- Elbow under the ball.

Possible variants:

- Shooter placed under the basket. Vary the shooting angle.

Material:

- One ball per student



Drill # 5.2: The goal: Be able to shoot

Organization:

- Ask the students to form as many teams as there are baskets
- Circle the free-throw lane doing lay ups
- When a student makes a basket, he changes places

Technical points (execution):

⇒Ask the students to wait that the shooter recovers his ball, before shooting

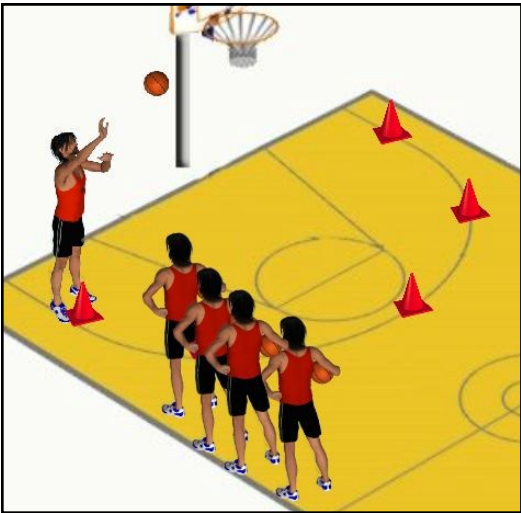
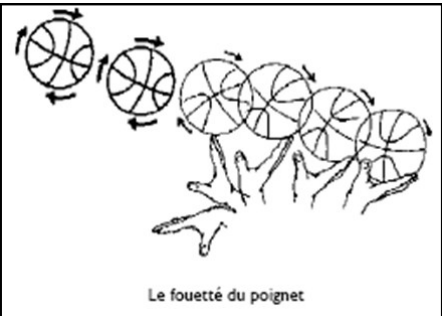
- The shooter looks towards the target.
- Legs hip-width.
- Knees are bended
- At the end, quick whip of the wrist.
- The impulsion of the shot is done by extending the legs.
- Elbow under the ball.

Possible variants:

- Come back to point 1 each time a student misses a basket
- Get the teams to compete

Material:

- 1 ball per student



Basketball

Lay-up



- Make the biggest steps possible. This way, you will be harder to catch.
- When raising your right hand, raise also your right knee to jump higher
- All you have to do then is to lay the ball in the basket by aiming at the board.

Triple threat position:

- Knees bent
- Ball at hip height
- Feet shoulder wide



High dribble :

- Put your hand on top of the ball, your fingers comfortably spread.
- Try to absorb each impact and do not hit the ball.
- Dribble by pushing energetically on the ball way in front while bending the wrist.
- Try to keep the ball at hip height.



Low dribble:

- The rebound is at knee height.
- Stay low, knees bent, ready to take off crosswise.
- You can protect the ball with your free hand and your body, if an opponent is pressing you.



Jump shot



- Place your right hand on the ball perpendicular to the grooves of the ball.
- Place the left hand on the side of the ball: it is the hand that will guide the ball.
- Face the basket with your right foot slightly in front. You must feel balanced.
- Keep your head up and look at the rim.
- When in triple-threat position, raise the ball in front of you, slide the bent wrist under the ball, place your elbow at 90 degrees in the direction of the basket and extend the body.
- Note that the ball should leave your hands with a retroactive effect.
- Direct the shooting hand towards the rim while bending the wrist. Your hand takes the form of a hook at the end of the shot.





TEACHER'S EVALUATION GRID MOTOR SKILLS

Competency: ***Interact*** with others in different physical activity settings

Level 1 of Secondary Year:

Class:

LES: BASKETBALL C2	Observable elements (indicate, in the relevant column, the score concerned)									
	Evaluation criteria Motor skills									
	Synchronizes actions									Action rules in group, activities in a common space
	Dribble	Triple threat	Chest pass	Rebound pass	Baseball pass	Over the head pass	Lay-up	Jump shot	Pivot foot	Feint
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										
13.										
14.										
15.										

Legend:

4: Executes the task easily according to the expected results

3: Executes the task partially according to the expected results

2: Executes the task with difficulty according to the expected results

1: Does not execute the required task in full

*Scores 2-3-4 can be improved with a +

OBSERVABLE CRITERIA FOR THE BASKETBALL TEACHER

Competency: *Interact with others in different physical activity settings*

Level 1 of Secondary

Year:

Class:

Motor skills	Skills	Observable criteria
Synchronizes actions	Dribble	<ul style="list-style-type: none"> The hand does not hit the ball; it accompanies it, i.e. the ball is pushed using the flexion of the wrist as well as the whipping of the fingers. Extending his wrist and his fingers, the student slows down the ball with his hand. The player looks ahead of him not towards the ball. The student must coordinate the direction of the dribble with the course and speed of the progression. The student controls the ball The student cannot walk with the ball. In other words, he cannot progress without dribbling.
	Triple threat	<ul style="list-style-type: none"> Receive the pass, dominant hand on top of the ball, non-dominant hand on the side Hold the ball hip high Face the defenseman Feet shoulder wide Knees bent Body slightly leaning forward Shoulders leaning at a right angle
	Chest pass	<ul style="list-style-type: none"> Keep the head high in order to look ahead Keep the hands and feet behind the ball Keep the ball near the chest Keep the fingers comfortably apart around the ball Take a step forward while releasing the ball End with a whip of the wrists Extend the arms at the end of the movement
	Rebound pass	<ul style="list-style-type: none"> Keep the head high in order to look ahead Keep the hands and feet behind the ball Push the ball way under the opponent's arms Push the ball towards the ground using the fingers Bend the body Extend the arms to have more space and give a good angle to the pass
	Baseball pass	<ul style="list-style-type: none"> Keep the head high in order to look ahead Keep the hands and feet behind the ball Make a weight transfer Do a trunk rotation from back to front Throw the ball with one hand
	Overhead pass	<ul style="list-style-type: none"> Keep the head high in order to look ahead Keep the hands and feet behind the ball Hold the ball a little behind the head Arm the wrists backwards

		<ul style="list-style-type: none"> • Release the ball in front of the head • For more power and precision, tighten the abdominal muscles, finish with a little snap of the wrists and the fingers.
	Lay-up	<ul style="list-style-type: none"> • The student performs the steps in the right order. • The take-off step is used to attack the basket. • The student lifts the knee of the take-off impulsion leg. • Vertical jump. • The student aims at the board's upper corner when shooting the ball.
	Jump shot	<ul style="list-style-type: none"> • When shooting, the arm is fully extended. • At the end of the shoot, quick whip of the wrist. • Legs hip wide. • Knees bent. • The supports are oriented towards the target • Advance slightly the shooting hand plant foot. • The impulsion of the shot is achieved by extending the legs. • Look at the target. • Elbow under the ball • The course of the shot must be between 35° and 45° • When the body reaches its culminating point, shoot the ball by pushing the wrist, the hand and the fingers.
	Pivot foot	<ul style="list-style-type: none"> • Do not lift the foot that remains on the ground • The pivot is done on the tip of the toes of the chosen foot • Lower the center of gravity
Action rules in group, activities in a common space	Feint	<ul style="list-style-type: none"> • Do a direction or a body feint efficiently • Make sure the teammate is uncovered • Communicate clearly with the teammate • Use the most appropriate pass



TEACHER'S EVALUATION GRID MOTOR SKILLS

Competency: *Interact* with others in different physical activity settings

Level 2 of Secondary:

Year:

Class:

SAE: BASKETBALL C2	Observable elements (indicate, in the relevant column, the score concerned)		
	Evaluation criteria Motor skills		
	Principles of synchronization		Action rules in group, activities in a common space
	Dribbling with both hands	Basic defensive position	To move away from opponent
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.			
30.			

Legend:

- 4: Executes the task easily according to the expected results
- 3: Executes the task partially according to the expected results
- 2: Executes the task with difficulty according to the expected results
- 1: Does not execute the required task in full

*Scores 2-3-4 can be improved with a +

TEACHER'S EVALUATION GRID PLAN OF ACTION

Competency: ***Interact*** with others in different physical activity settings

Level 2 of Secondary:

Year:

Class:

<div>LES: BASKETBALL</div> <div>C2</div>	Observable elements (indicate, in the relevant column, the score concerned)						
	Evaluation criteria Plan of action						
	Action rules in group, activities in a common space						Principles of communication
	Does a defensive fall-back	Man-to-man defence	Zone defence	The block shot	Defensive rebound	Offensive strategy	Roles (communication)
1.							
2.							
3.							
4.							
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7.							
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11.							
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14.							
15.							

Legend:

4: Executes the task easily according to the expected results

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1: Does not execute the required task in full

*Scores 2-3-4 can be improved with a +

OBERVABLE CRITERIA FOR THE BASKETBALL TEACHER

Competency: *Interact with others in different physical activity settings*

Level 2 of Secondary

Year:

Class:

Motor skills	Skills	Observable criteria
Principles of synchronization	Dribbling with both hands	<ul style="list-style-type: none"> The student controls the balls The hand does not hit the ball; it accompanies it, i.e. the ball is pushed using the bending of the wrist as well as the whipping of the fingers The hand controls the ball bouncing back up using the extension of the wrist and fingers The student must limit the duration of the ball's aerial phase, i.e. dribbling is close to the ground Look ahead and not towards the balls
	Basic defensive position	<ul style="list-style-type: none"> Feet spaced a shoulders width apart Bent knees Straight back and head high Adopts a proactive position by avoiding being stiff and static Puts his weight on the soles of his feet if the carrier is hardly threatening or on the heels if he is giving him a tough time Moves his arms away from the body, turns his palms outwards and slightly bends his elbows Try to look at the opponent's navel, it avoids being feinted with the head, the eyes, the shoulders, etc.
Action rules in group, activities in a common space	To move away from opponent	<ul style="list-style-type: none"> The student places himself in a free space to receive the ball Be at a correct distance: neither too far, nor too close to the ball carrier Communicate with the ball carrier to correctly indicate his position Indicate the spot where the students wants to receive the ball
Plan of action	Plan	Application in a game situation
Action rules in group, activities in a common space	Does a defensive fall-back	<ul style="list-style-type: none"> The student interferes immediately between the attacker and the basket being defended Block the shot Take away the ball Orient the attacker away from the shooting zone or towards his weaker dribbling hand Protect the centre zone
	Man-to-man defence	<ul style="list-style-type: none"> Watch the opposing team's player Do not give up Move in cross-steps Use the basic defensive position
	Zone defence	<ul style="list-style-type: none"> Use a basic defensive position (see 2.4) Stay in the pre-established area

		<ul style="list-style-type: none"> Communicate with his teammates in the other areas Puts pressure on the ball carrier
	The block shot	<ul style="list-style-type: none"> The student must know at all times where his opponent is on the court and where the ball is Stand close to the basket Execute a propulsion in a timely manner Keep your eyes on the ball Arms extended
	Defensive rebound	<ul style="list-style-type: none"> The student must know at all times where his opponent is on the court and where the ball is He stands close to the basket Try to do a rebound at each shot that the opponent makes After the shot, make a step towards the opponent Pivots towards the basket by presenting his back to the player that he is marking in order to prevent him from going to the ball Hands above the shoulders Elbows outwards Jump towards the ball in a powerful way by bending the knees, and grab the ball with both hands Protect the ball while falling back onto the ground
	Offensive strategy	<ul style="list-style-type: none"> The student communicates with his teammates The students gives his ideas while respecting those of others The student listens to his teammates' ideas The student applies the strategy in a game situation
Principles of communication	Roles (communication)	<ul style="list-style-type: none"> The student takes a role that he can fulfill The students agree on each of the roles within the team The student can carry out the requirements of the role during the game The student modifies his role as he goes along in order to adjust his performance with that of his teammates