Learning Objectives
• Students will demonstrate pivoting, passing, catching, and moving to open space.
• Students will apply offensive and defensive strategies in small-sided tasks.
• Students will demonstrate responsibility, acceptance, and respect for others.

Learning Targets
• I can pivot, pass, and move to open space to avoid a defender.
• I can stop passes from the offensive team by intercepting or deflecting the ball.
• I can follow rules and show good sportsmanship in a small group game.

Teaching Cues
• Offense, move to open space. Fake, cut and pivot.
• Defense, keep your hands up. Stay 3’ away from the person with the ball.
• Switch roles on a turnover.

PREP
• 1 ball per 6 students
• 1 pinnie per 2 students
• 1 spot marker per student

SET
• Create grids (10 x 10 paces) for every 6 students.
• Form groups of 3; place 2 groups and 1 ball per grid.
• 1 group per grid wears pinnies.
• Pinnies begin on offense.

TEACH
1. Lesson Objective
• The object of 3-Catch Basketball is for your group to complete 3 passes in a row, each to a different member of your group.

2. Instructions
• Players on offense do this by pivoting, passing, and moving to an open space. Dribbling is not allowed.
• Defenders guard a member of the opposing team.
• After 3 consecutive catches, the offense earns 1 point, and the ball is given to the other group.
• If a turnover occurs (incomplete pass, ball out of bounds, defense intercepts), group roles are reversed.
• The offense becomes defense, and defense becomes offense.
• Principle of 3s is in effect.

3. Challenges
• Use only 1 type of pass (name a type).
• If the defense knows which type of pass your team will always use, does this make their job easier or harder?

REFLECTION QUESTIONS
• What is a strategy?
• Can you give an example of an offensive strategy you used in 3-Catch Basketball?
• How is the use of that strategy related to success?
SPARK It Up!

1. End Line
   - The object is to score points by passing the ball to a groupmate beyond the opponent's end line.
   - The ball is advanced using passes only. Defense becomes offense on any turnover.
   - Pinnies begin with the ball on 1 end line.
   - The group scored upon gets the ball to begin play again at their end line.

2. End Line with Shot
   - (Need 2 hoops per game.)
   - Same as End Line, but 1 player from the offense picks up a hoop in the end zone.
   - Point is scored when offense shoots through the hoop.

3. End Line with Post Player
   - Add a post player, who stands near the mid-court line and may be used by either team when on offense.
   - The post player only works for the offense. This always gives the offense a slight advantage.
   - Rotate your post player after each score. Play with or without the shot.

Teaching Suggestions

- Pinnies Rule: The group wearing pinnies gets the ball first and always goes in the same direction.
- Principle of 3s: Passers can hold the ball for only 3 seconds before they pass. Defenders must stay 3’ from person with ball. Pass must travel at least 3’.
- Allow students to dribble a maximum of 3x when they have mastered the passing.

Integration

Stanford beat the University of California 2-1 in the first women’s college game in 1886. The rules were a bit different then. Women didn’t play full-court 5-on-5 until 1970.