

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

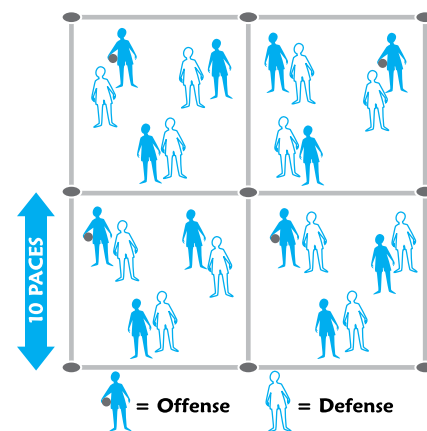
- The object of **3-Catch Basketball** is for your group to complete 3 passes in a row, each to a different member of your group.

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?



3-Catch Basketball

Standards Alignment

Standard 1: Outcome 1

Combines locomotor and manipulative skills in a variety games.

Standard 1: Outcome 15

Throws to a moving partner with reasonable accuracy.

Standard 1: Outcome 16

Catches a ball thrown above the head, at chest, and at or below waist level.

Standard 1: Outcome 17

Dribbles in self and general space with control of ball and body.

Standard 1: Outcome 26

Combines traveling with the manipulative skills of dribbling, throwing, and catching.

Standard 2: Outcome 5

Applies simple offensive and defensive strategies.

Standard 3: Outcome 2

Actively engages in activities of physical education class.

Standard 4: Outcome 5

Exhibits etiquette and adherence to rules in a variety of physical activities.

Standard 5: Outcome 4

Describes and compares positive social interactions.

SEL Competencies

Self-Awareness

Peer interaction, self-efficacy

Self-Management

Self-regulation

Social Awareness

Respect for others

Relationship Skills

Communication, cooperation

Responsible Decision-Making

Analyzing situations

Vocabulary

- consecutive
- principle
- turnover

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.

Teacher Reflection

