

**Physical Education Program**  
**Basketball Fast Break**  
**Lesson #15**

**1. Objectives:**

**A. Student:**

1. The student will be able to verbally describe the keys to a fast break with outlet passing and lane choices.
2. The student will be able to demonstrate proper keys to a fast break with outlet passing and lane choices.

**B. Teacher:**

1. I want to work with the students in accomplishing their fast break skills. I plan on doing this with many types of fast break exercises.

**2. Instant Activity: 3 Team Basketball**

Form students into groups of anywhere between 3-5. This will depend on your class size and facilities. Give the students different colored pinnies to identify their teams.

Team A begins at one basket, Team B is at the other basket while Team C begins at center court. Team C receives the ball and moves down the court to play against Team A. If Team C scores, they keep possession of the ball and they go down to play Team B. If Team A stops Team C from scoring or Team C violates a rule (i.e., traveling, double dribble, etc.), then Team A dribbles down and plays Team B. Team C stays at the basket where Team A was and waits. This continues in this manner until the teacher stops it (preferably only 5-10 min.). Feel free to keep score for each team if you want.

**Rules:** Offense only gets one attempt at scoring. After the ball hits the rim the game goes the other way with the other team. So if offense keeps possession on a rebound they must give it to the other team.

**3. Set Induction:**

Today we are going to work on our fast breaking skills. We will be using different kinds of drills to accomplish success. We will work on rebounding and outlet passing. We will also be working on assigned lanes after the rebound and pass. So lets get started.

**4. Content Development: -- see next page**

**5. Closure:**

I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today.

- What is the proper way to pass the ball to your outlet person?
- Where should you go after you pass the ball?
- What should you do with your eyes and head while dribbling?
- What should the outlet person say once the rebound has happened?
- Where should what kind of pass should you make while dribbling down the court?

6. **Equipment:**

1. Different types of balls
2. Several Hula Hoop
3. several basketball goals

. **Protocols:**

- Go on the word Go.
- Stop on the whistle with the ball at your feet.
- Bring it in mean bring it in to the teacher.

8. **Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offence- teacher will remind student of rules.
  - 2<sup>nd</sup> offence-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offence-student will be sent to the principals office, have student write down his/her actions and have parents sign.

| MAF/ Instructional technique   | Extensions   | Refinements   | Applications   |
|--|--|---|--|
| <b>Informing Task:</b> What I would like for you to do when I say <b>go</b> is to get into groups of three in 5 seconds, I will know you are grouped when all of you are sitting shoulder to shoulder. If you do not have a partner raise your hand and I will assign you to a group. " <b>GO</b> "  |  |   |  |
| <b>Informing Task:</b> Okay the tallest person in your group needs to come and pick out a ball and then return to your group. Now what I would like you to do is get yourselves into a triangle facing each other in general space close to the walls. The person closest to the wall will be the rebounder and the other two are now outlet persons. What I would like to see happen it the rebounder bounces the ball off the wall and the outlet persons yell <b>outlet</b> . Then the rebounder can make a choice of who they would like to <b>over hand throw</b> to. Once you have thrown the ball 5 times rotate. Begin when you have gotten to your positions.   |  |   |  |
| Demonstrate triangle to the students using two students of your choice.  | 1. Bounce the ball off the wall, catch the ball and turn with ball over head ready to throw.<br>2. Turn quickly after you catch the ball, at the same time be raising the ball to the throwing position. | <b>Throw ball Over Head</b> to speed up the pass.<br><br>Loudly say <b>outlet</b> . And get ready for the pass. | See how many times you can complete the throw accurately<br><br>Count the times you receive the ball by being the loudest. |
|  |  |   | See who can get the ball off the fastest and most accurate.  |
| <b>Informing Task:</b> Now what I would like for you to do is stay in to your groups and come and line up on this line with a good amount of space in between you. We are going to be working on the three man weave. Center person starts with the ball. Passes to the right or the left. The main thing to remember is to <b>follow your pass</b> . What I would like to see is a slight jog until you get the motion then speed up the process. What we are working on here is following your pass and covering you lane down the court during the fast break.  |  |   |  |
| Demonstrate this one with two students at a walking pace. Most of your kids might not have seen this before.   | 3. Take your time and get the passing and lanes down right.  | <b>Chest pass</b> the ball to your partner with a medium amount of force  | Find a spot on the wall and see how many times you can dribble the ball in a row.  |
|  | 4. Do not move towards the center unless the ball has been passed to you. Other wise travel straight down the court.   | Yell <b>ball</b> when you are about to get the pass, this lets the passer know you are ready to recieve.        | See if you can complete the weave all the way and back down the court with out getting mixed up.                           |
|  |  | Where should you be looking? Focus on keeping your <b>eyes and head up</b> .                                    | Begin dribbling the ball once they get the hang of this.   |
| <b>Informing Task:</b> Okay you guys look like you are ready to begin the outlet pass and lane drill. What I would like to see is your same groups together under the basket ball goal. Okay one person is the rebounder, the other two are the outlets. One on the left and one on the right. Once the rebounder makes the rebound the outlets yell <b>outlet</b> . The action goes as follows. The rebounder passes the ball to the left or the right, the rebounder follows there pass and goes to the outside lane. The receiver dribbles to the center lane and the other outlet person goes straight down the court until the pass is thrown to them. Attach the goal in threes, do not bunch up. This makes it easy for one defender to cover two or three attackers. Lets work on those <b>overhead and chest passes</b> |  |   |  |

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| Demonstrate proper action of this exercise with two students.  | 5. Rebound, Turn to the left or right with the ball over head ready to throw, Throw. | <b>Follow your pass!</b>  | Try to make 3 in a row  |
|  | 6. If you would like, try speeding up the motion.                                    | Finish with a lay up at the end of the court.   | Try to do this only dribbling the ball 6 times down the court the the basket. |
|  | 7. Remember to use good and hard throws to your teammates with the chest pass.       | Where should you be looking?<br>Focus on keeping your <b>eyes and head up</b> while running and dribbling down the court. | Add one or two defenders at the other end of the court                        |
| <b>Closure/ assessment</b>   |  |   |   |
| <p>I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today.</p> <ul style="list-style-type: none"> <li>• What is the proper way to pass the ball to your outlet person?</li> <li>• Where should you go after you pass the ball?</li> <li>• What should you do with your eyes and head while dribbling?</li> <li>• What should the outlet person say ounce the rebound has happened?</li> <li>• Where should what kind of pass should you make while dribbling down the court?</li> </ul> <p>Tomorrow we will be starting with the same exercise and then add defenders at the end of the court.</p> |  |   |   |