

**Physical Education Program**  
**Basketball/Defense**  
**Lesson #12**

**1. Objectives (Specific, Behavioral, Assessable)**

*A. Students:*

1. Students will be able to demonstrate the proper technique of the defensive stance and slide.

*B. Teacher:*

1. The teacher will observe the students and make sure that everyone is participating in a safe environment.

**2. Instant Activity:**

*Bean Bag Tag* – everyone needs to have a partner. The partner that is the smallest in height needs to go and get a beanbag. The object of the game is to throw the beanbag at your partner's feet. If you hit your partner's feet you are allowed to pick up the beanbag and have another shot. If you miss your partner's feet your partner now has a chance to hit your feet. Keep track of how many times you hit your partner's feet. The reason why we are doing this is because we need to have quick feet while playing defense in basketball.

**3. Set Induction:**

Today we are going to work on defense. Defense is important because you have to stop the opposing team from scoring. Some of the ways we are going to establish a good defense is to use quick feet, to slide, to drop step, and to zigzag. So, today we are going to practice these on our way to establishing good defense.

**4. Content Development – see next attached page**

**5. Closure / Assessment:**

1. How far should your feet be apart when in a defensive stance?
2. When you are sliding what should you imagine is between your knees?
3. What is the most important part when playing defense?
4. Are your feet important when playing defense?

**6. Equipment: (for a class of 30 students)**

1. 30 cones or so set up in a zigzag pattern across the gym and back
2. 15 basketball spread out throughout the gym in hula hoops

**7. Protocols:**

- Go on the word Go.
- Stop on the whistle with the ball at your feet.
- Bring it in means 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.

- o 3<sup>rd</sup> offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

## Content Development

MAF/Instructional technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> <li>Have cones set up in a zigzag pattern across the gym floor.</li> <li>Have 30 balls set out in hoops that are spread out all over the gym.</li> </ul>			
<p><b>Informing Task:</b> When I say "GO" I want everyone to get on the red line and face me. Make sure you are at least arms width apart from the person next to you. "Go"</p> <p><b>Informing Task:</b> Today we are going to learn how to play defense the correct way. I want everyone to get in a defensive stance.</p>	<ol style="list-style-type: none"> <li>I want everyone to slide to his or her right three slides and stop.</li> <li>I want everyone to slide to his or her left three slides and stop.</li> <li>I want everyone to slide to his or her right three slides and then slide to his or her left three slides.</li> <li>In your defensive stance I want you to move your feet as quick as you can up and down. This is called "quick feet"</li> <li>When I point to the right you are to turn your legs 180 to the right leading with your right foot and then back to the starting point.</li> <li>When I point to the left you are to turn your legs 180 to the left leading with your left</li> </ol>	<p>Make sure that your feet are <b>shoulder width</b> apart and no wider.</p> <p>Make sure that when you are sliding that your <b>feet never come together</b>. Your feet should never touch when performing the defensive slide.</p> <p>This time try and picture a <b>broomstick</b> being between your knees. This will help you keep your feet farther apart when sliding.</p> <p>Pretend when you're doing this that you have <b>bare feet</b> on a <b>hot bed of coals</b>. You want to move your feet up and down as quick as possible but don't take them very far off the ground because your other foot is on fire.</p> <p>Your shoulders should always be facing forward but just your waist and legs move <b>quickly</b> to the right and then back again.</p> <p>Your shoulders should always be facing forward but just your waist and legs move <b>quickly</b> to one to face the teacher again.</p> <p>Be as quick as you can. See if you can be the first one to face the teacher again.</p> <p>Be as quick as you can. See if you can be the first one to face the teacher again.</p>	

	foot and then back to the starting point.	the left and then back again.	
	7. Now we are going to put everything together. When I say "Slide" and point in a direction everyone is to slide that way. Do not stop sliding until I point in a different direction. When I say "Quick feet" move your feet as quick as possible. Once I point in a direction switch your feet and quickly get back to the starting position.	Remember to have feet <b>should width apart, broom stick</b> between your knees, and feet quick like their on <b>hot coals</b> .	
	<b>Informing Task:</b> Now we are going to learn how to move forward and backward while in a defensive stance. I want everyone in a defensive stance!		
	1. This time if I point to the right back corner, you are to drop your left foot back and slide toward the corner (teacher will demonstrate).	Remember to follow your butt. Always move the foot that is closest to the target first.	
	2. This time if I point to the left back corner, you are to drop your right foot back and slide toward the corner (teacher will demonstrate). This technique is call a " <b>drop step</b> ".	Remember to follow your butt. Always move the foot that is closest to the target first.	
	3. If I point in a forward direction put your hands up and run forward.	You hands are up because you are more likely to block a pass this way.	
	4. Now we are going to put everything we have learned into action. I will point and you will slide in the direction I'm pointing.		Try to get to the place quick and low. See how fast you are able to follow the teacher's directions.
	<b>Informing Task:</b> When I say "GO" I want everyone to find a cone that is on the floor. Please stand by this cone and listen to further instructions.		
	<b>Informing Task:</b> When I say "GO" I want everyone to start sliding in a zigzag pattern. Once you slide to a cone "drop step" by changing directions. Everyone will be traveling in a clockwise direction. "GO"	Remember to keep your feet <b>shoulder width</b> apart by imagining a <b>broomstick</b> between your knees.	Try move a quickly as possible without bring your feet together. Really work on staying low and being fast.
	<b>Informing Task:</b> When I say "Go" I want everyone to find a partner. You have 5 seconds to do this in. If you do not have a partner come and see me. GO		

**Informing Task:** When I say "Go" I want the partner that is the tallest to go and get a ball and the other partner to go and stand by a cone. I want the person with the ball to dribble in the zigzag pattern while your partner plays defense on you. Defense you are not allowed to touch the ball at anytime. Your job is to cut your partner off at the cones so they must change directions with the ball. Once you have traveled the full length of the gym trade positions and come back on the other side. GO

**Closure / Assessment:**

5. How far should your feet be apart when in a defensive stance?
6. When you are sliding what should you imagine is between your knees?
7. What is the most important part when playing defense?
8. Are your feet important when playing defense?