

**Physical Education Program**  
**Rebounding and Boxing out**  
**Lesson #15**

**1. Objectives**

**A. Students:**

1. By the end of class, the students will be able to demonstrate correct rebounding and boxing out techniques, by showing the teacher and answering questions at the end of class.
  - a. Two hands
  - b. Flair elbows
  - c. Land with both feet
  - d. Above your head

**B. Teacher:**

1. Teacher will establish management protocols of boundaries, signals, and the use of equipment.

**2. Instant Activity:**

"Keep Up"- Have students line-up single file on a line. There should be two other lines each approximately 5 feet from the students. One line is on their left and one on their right. Tell the students the object is to follow the "called" signals, without making a mistake. While hopping on one foot, up and down, randomly call out "SWITCH", "Up", "DOWN", "LEFT", or "RIGHT". The following indicates what they should do on each command: SWITCH - Turn 180 degrees. UP - Jump up in the air and reach for the sky with both hands. DOWN - Reach down and touch the floor. LEFT - Run to the line on the left, back to the center line, and continue hopping. RIGHT - Run to the line on the right, back to the center line, and continue hopping. Once they get the concept or once the entire class does it correctly, tell them they are now to do the opposite. So LEFT is now RIGHT, RIGHT is now LEFT, UP is DOWN, and DOWN is UP. SWITCH doesn't change.

**3. Set Induction:**

Rebounding is a very key aspect in basketball. It helps your team set up the fast break and other aspects of the game. Does anyone know who Dennis Rodman or Ben Wallace is? Well these two guys are some of the best rebounders in the history of the game. With a skill as simple as grabbing a loose ball, they are helping their team go on to victory day in and day out. Most of the time, the team who leads the game in rebounding, goes on to win the game.

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

**5. Closure/Assessment:**

- What were two of our reminder words for today? Correct, pivot and flair the elbows.
- What is our cue for landing on two feet? That's right, be complete land on two feet.
- If you were to rebound a ball how would you place your hands? Yes, two hands on the side of the ball.
- Now how would you pass the ball? Yup, the out let pass.

## **6. Equipment:**

1. 30 basket balls
2. 30 Red rubber balls
3. 5 hoops
4. 12 cones
5. 30 stackers

## **7. Protocol**

- Stop on the stop signal – the word stop.
- Go on the go signal – the word go.

## **8. 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 principal's office, have student write down his/her actions and have parents sign.

MAF/ Instructional Technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> <li>Scatter equipment in 5 hoops scattered around the outside of the activity area.</li> <li>Clearly mark boundaries with cones/stackers.</li> </ul>			
<p><b>Informing Task:</b> I would like you to get a ball and shoot the ball against the wall and rebound the ball</p> <ul style="list-style-type: none"> <li>Scattered formation</li> <li>Students pick up own equipment from hoops.</li> </ul>	<p>1. Shoot and grab the ball off the wall.</p> <p>2. Shoot the ball off the wall. This time try and rebound it above your head.</p>	<p>When rebounding the ball always use <b>two hands</b>.</p> <p>Make sure you grab the ball <b>above your head</b>.</p>	<p>See if you can make 6, two handed rebounds at head level, using both hands.</p> <p>Pick your favorite number; see if you can make that many overhead rebounds.</p>
	<p>3. This time jump and grab the ball while in the air.</p>	<p>When you land from your jump make sure you <b>land on both feet</b>. Be complete land on both feet.</p>	<p>One successful rebound = one letter of the alphabet. Can you get to "Z" with successful rebounding?</p>
	<p>4. If you can rebound the ball 10 times in a row, then throw the ball higher and harder off the wall.</p>		
	<p>5. Shoot the ball off the wall rebound the ball, land with both feet. After landing turn on your pivot foot to face up court.</p>		

**Informing Task:** with a partner have one shoot and the other rebound the ball and outlet pass to the shooting partner.

MAF/ Instructions Technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> <li>Have students find a partner before giving information task by birth date. One partner stands at the cone and the other partner on the other cone.</li> <li>Have the students who are on the first cone put there ball back in the hoop before starting.</li> </ul>	6. With a partner, toss the ball to the wall. You should be standing about 2-3 giant steps away from the wall. Use a shooting type motion.	The partner will rebound the ball using <b>two hands</b> .	Add up the ages of you and your partner. Can you make that many rebounds in a row using two hands? Can you make twice that amount?
	7. If you can make at least 12 rebounds in a row without a drop, you have a choice on doing one of the following: a. you can move back another 2-3 steps or b. you can choose a different piece of equipment to throw. Your choice-talk to your partner.	Remember to <b>land with both feet</b> to be complete.	1. How many rebounds can you and your partner make in a row? If you drop one you have to start over.
	8. When landing with both feet bring the ball to your chin and flair your elbows.	When you bring the ball in to your body make sure you <b>flair your elbows</b> . So your body makes the shape of a "T".	

**Informing Task:** with the same partner, have one person try to get around the other using boxing out technique.

MAF/ Instructions Technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> <li>Switch after 3 minutes.</li> </ul>	9. Your task is to back your partner as far away from the basket as possible.	Maintain <b>contact</b> with the opponent. You want to place your hip in to your opponent and back them up to generate as much space as possible.	See how much space you can get your partner away from the basket?
	10. Have partner try to move (bob & weave) to try to get around you.	Extend your arms so it makes the shape of a "T". You do this so the opponent can't get around you.	

	11. Now rebound the ball as well as boxing out your opponent.	Now follow your opponent around and don't let them get around you. When turning toward the basket make sure you turn toward the person who is shooting so you can see the ball.	
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