

**Physical Education Program  
Offensive Strategies  
Lesson #1.1**

**1. Objectives:**

**A.** Students

1 Students will be able to demonstrate the motion offense..

a. Screen away all the way to the base line, Set good screens, Use screens well

b. Stay spread out

c. Know where the ball is

2. Students will be able to incorporate other offensive strategies in to the offense.

a. Pick and roll

b. Give and go

c. Back screens

**B. Teacher**

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

**2. Instant Activity:**

“Three Man Weave” 6 to eight student will go to each basket. Three lines will be formed. One wide left, one wide right and one in the middle. The middle person will have the ball. He or she will pass the ball to one of the outside lines. The passer will then run to the outside of the person they passed to. That person will then pass to the other outside person and do the same. This goes on until you get to the basket then somebody shoots a lay-up. Be sure that they go around the outside after they are done.

**3. Set induction:**

Good morning class. Up to now we have cover and practice almost everything we need to know to play the game of basketball. We do still have one very important thing to practice. Does anybody have any ideas? Today we are going to practice some offensive strategies. Why might it be important to have an offensive strategy? Right to get open. You also want to keep good spacing. Today that is what we are going to practice

**4. Content Development: See attached page**

**5. Closure**

- Can someone raise their hand and tell me what we practiced today?
- Why do you think it is important
- Does anyone know another reason

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

- 30 basketballs
- Pennies
- 8 cones

**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.
  - 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	Extension	Refinements	Applications
<ul style="list-style-type: none"> <li>• Mark boundaries for instant activities</li> <li>• Put basketballs in hoops</li> </ul>			
<b>Informing Task:</b> Groups go to their assigned court and practice the motion offense.			
<ul style="list-style-type: none"> <li>• Put the class into groups of five</li> <li>• Teacher will demonstrate drill</li> <li>• Have the oldest student get a ball</li> </ul>		<p>Be sure the you are staying spread out. Screen all the way to the base line</p>	<p>See if you can go all the way though with out messing up</p>
Teacher will combine two groups	<p>Now try it with defenders. Defense can not steal the ball</p>	<p>Keep good spacing and set good screens</p>	
<b>Informing Task:</b> With your group go back to your original hoop and practice the motion offense but add a give and go when you defender is cheating.			
<ul style="list-style-type: none"> <li>• Teacher will demonstrate how to do the give and go</li> </ul>		<p>Use sharp cuts and remember to fill in the spots.</p>	
<b>Informing Task:</b> In your same group practice the motion offense adding the pick and roll.			
<ul style="list-style-type: none"> <li>• Teacher will demonstrate</li> <li>• Teacher will demonstrate how to do the pick and roll.</li> </ul>	<p>1. Next try it on the opposite side</p>	<p>Be sure you reverse pivot on the pick and roll.</p>	<p>Try to stay in the offense</p>
<b>Informing Task:</b> Combine with another and practice the motion offense using all aspects. Defense can not steal the ball.	<p>Now try it where the defense can steal the ball.</p>	<p>Set good screens</p>	<p>Try to not get the ball stolen.</p>

<b>Closure/Assessment</b> I want to see what you learned today. 1. What is one cue to running the motion offense successful? 2. How about another? 3. What are some different options when running the motion offense? 4. How about one more?	