

Physical Education Program
Basketball/Defense 5 man shell
Lesson Plan #13

1. Objectives (Specific, Behavioral, Assessable)

A. Students:

1. Students will be able to demonstrate the correct position to stand while participating in the 5 man shell.
 - a. One pass away
 - b. Two passes away
 - c. Help side

B. Teacher:

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

2. Instant Activity:

3 Man Pass Around

Divide the class into groups of three, one ball per group. Instruct the groups to have one person in the middle that is trying to get the ball from his partners who are bounce passing the ball to one another. Have the groups switch the person in the middle every minute. This will be done while the groups are in general space.

3. Set Induction:

What happens when two items are tide together? If one moves the other one must move with it. They are tired to the others actions. Today we are going to learn how to move as team. We are going to learn how to perform the 5 man shell. In doing this we must pretend that we are tide together. If one person moves the other 4 must move with it.

4. Content Development – see next attached page

5. Closure / Assessment:

1. What are the three different ways you can play defense in the 5 man shell?
2. Should everyone be moving at one time?
3. What is the most important item to remember when in the denial stance?
4. What is the most important item to remember when in the help side stance?
5. What is the most important item to remember when in the on ball stance?

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

1. Basketball courts that have the key drawn on them
2. 15 basketballs 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
 - 1st offence- teacher will remind student of rules.
 - 2nd offence-Pull student from activity and give student time out.
 - 3rd 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"> Make sure that you have basketball markings on the floor (the outline of the key) 			
Informing Task: When I say go I want everyone to come and stand on this red line. Make sure that you are standing arms width apart from the person next to you. Go			
Informing Task: When I say go I want everyone to get into his or her defensive stance. We are going to learn where our hands and feet need to be when guarding someone with a basketball.			
	1. You want to make sure that your head is lined up with their belly button. You don't need to be at the same level but just in a straight line. 2. Also when you are guarding the ball you want to have your hands out wide.	Have your " nose " in their belly button.	
	2. Also when you are guarding the ball you want to have your hands out wide.	Stretch your hands and arms out as big and long as possible. This will help you look bigger and more intimidating to your opponent.	
Informing Task: I want everyone to get with a partner. The partner that has the longest hair will be on defense first. The other partner, I want you to just walk around the gym. The partner playing defense must guard their partner and stay in front of them.			
	1. The partner that is not on defense don't move in a straight line but move back and forth throughout the gym.	Make sure you keep your nose in line with their belly button.	
	2. Switch roles.		
Informing Task: When I say go I want everyone to come and stand on this red line. Make sure that you are standing arms width apart from the person next to you. Go			
Informing Task: When I say "GO" I want everyone to get in their defensive position. This time we are going to learn how to play defense when we are one pass away. This is called the denial stance.			
	1. When you have your back to the basket and are on the right side of the basket. You will be denying with your right hand. So turn your right toe and put out your right arm so they are pointing in the same direction as your right shoulder. Your right foot should now be perpendicular to your other foot but not touch and still in the defensive stance. You want to have your thumb pointing to the	Remember you will be doing this when you are one pass away . This means that there is no one between your man and the person with the ball. (See diagram)	

	ground so your arm is twisted (teacher will demonstrate). When you are in this position you will have your chin tucked into your shoulder so you can see over your shoulder. Your left arm should be raised to waist high and elbow bent at a 90-degree angle. This is called your arm bar.		
	2. When you have your back to the basket and are on the left side of the basket. You will be denying with your left hand. So turn your left toe and put out your left arm so they are pointing in the same direction as your left shoulder. Your left foot should now be perpendicular to your other foot but not touching and still in the defensive stance. You want to have your thumb pointing to the ground so your arm is twisted (teacher will demonstrate). When you are in this position you will have your chin tucked into your shoulder so you can see over your shoulder. Your right arm should be raised to waist high and elbow bent at a 90-degree angle. This is called your arm bar.		
Informing Task: With your partner I want you to practice the denial stance. Once person be on offense and the other on defense.			
	1. Practice with both your right and left arms being in the denial stance.	Remember to tuck your chin .	
	2. Switch roles!!		
Informing Task: When I say go I want everyone to come and stand on this red line. Make sure that you are standing arms width apart from the person next to you. Go			
Informing Task: Now we are going to learn how to be in defensive stance while being in help side. Everyone should be in his or her defensive stance.			
	1. Help side is very similar to on ball defense. The only real difference is your hands are like pistols . One-hand points to	This is the stance you would be in if you are two passes away . There is a man between your man and the man that has the ball.	

	your man and the other one points to where the ball is.	(See diagram)	
Informing Task: Listen for your name to be called. There will be ten students at each basket. The first five called are on defense and the second five called are on offense. When I say go, go the basket that you have been assigned. Remember defense can't touch the ball and offense can't move. Offense remember to hold the ball long enough so that every defensive player has time to move into their correct positions.			
	1. Make sure you are moving the ball slow enough so that the defense can figure out where they belong.	One pass away is – denial Two passes away is – help side When your man has the ball you are – on ball	
	2. After a couple of minutes switch from offense to defense.		
Closure / Assessment: <ol style="list-style-type: none"> What are the three different ways you can play defense in the 5 man shell? Should everyone be moving at one time? What is the most important item to remember when in the denial stance? What is the most important item to remember when in the help side stance? What is the most important item to remember when in the on ball stance? 			