

**Physical Education Program**  
**Using Screens**  
**Lesson #9**

**1. Objectives:**

- A. Students
  - 1. By the end of the class the students will be able demonstrate the four different ways to use a screen.
    - a. Pop out, curl, flair, and back cut
    - b. Jab step to set up the screen
    - c. Run shoulder to shoulder with the screener
    - d. Read the defense
  - 2. The students will be able explain when to use all four ways to use a screen.
    - a. Use a pop out when you get a good screen and you are able to get open
    - b. Use a curl cut when the defender trails behind you
    - c. Use a flair cut when the defender cheats over the top.
    - d. Use a back cut when the defender cheats over the top and you have room between you and the basket..
- B. Teacher
  - 1. Teacher will establish management protocols of boundaries, signals, and the use of the equipment.

**2. Instant Activity:**

"Laying it up" Six student will go to each basket. They will form two lines on each side of the floor. There is also an outlet in the corner of whatever side the lay-ups are being shot from. First shoot from the right side then switch to the left side. The opposite from the shooting line will rebound the ball and outlet it to the corner. The out let person then passes it back the shooting line.

Rules:

- Use only your hands to knock the ball away
- Stay with in the boundaries that are marked with cones.
- Be safe, no physical contact

**3. Set induction:**

Good morning class. Yesterday we practiced screens. Can anyone tell what a screen is good for? Well today we are going to practice using those screens. The person getting the screen can jab step to help set up the screen. He or she needs to rub shoulders with the screener to make it harder for the defense to get through. There are four different ways to use a screen. We will practice all of them today.

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

## **5. Closure**

- Can someone raise their hand and give me one key to using a screen?
- How about another?
- How about another?
- And one more?

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

1. 15 basketballs
2. 50 stackers
3. 6 basketball 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.
  - 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>Set up stackers</li> </ul>			
<b>Informing Task:</b> Students will go to a stacker that is out in general space and practice the pop out			
<ul style="list-style-type: none"> <li>Have student's go to a stacker.</li> <li>Teacher will demonstrate</li> </ul>		Remember to jab step towards the basket and go close to the stacker	
<b>Informing task:</b> Students will go to a stacker that is out in general space and practice the curl cut.			
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> </ul>		Remember to jab step towards the basket and go close to the stacker, then cut right to the bucket.	Try to set 10 perfect screens
<b>Informing Task:</b> Students will go to a stacker that is out in general space and practice the flair cut.			
<ul style="list-style-type: none"> <li>Teacher will demonstrate.</li> </ul>	1. Next try it on the opposite site	Fade to corner	See if you can do it with out the defender getting through the screen.
<b>Informing Task:</b> Students will go to a stacker that is out in general space and practice the back cut.			
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> </ul>	1. Next try it on the opposite side	Remember to jab step away from the basket the cut back to the basket.	Try to fool the defender
<b>Informing Task:</b> Students will get in groups of three, one passer, one screener, and one person that will come off the screen. The group will practice the pop out. Rotate after every 5 turns.			
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> <li>Teacher will also demonstrate the rotation.</li> </ul>	Now try going from the other side.	Lets see a good jab step	Try to touch the screeners should every time.
<b>Informing Task:</b> Now with your same group practice the curl 5 times then switch just like the previous task.			
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> </ul>	Now try going from the other side.	Lets see a good jab step	Try to touch the screeners should every time.

<b>Informing Task:</b> Now with your same group practice the flair cut 5 times then switch just like the previous task.				
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> </ul>	Now try going from the other side.	Fade to the corner	Try to get space between you and your defender.	
<b>Informing Task:</b> : Now with your same group practice the Back cut 5 times then switch just like the previous task.				
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> </ul>	Now try going from the other side.	Remember to jab step away from the hoop and cut back to the basket	Try to touch the screeners should every time.	
<b>Informing Task:</b> Find a group of three and play 3 on 3 but remember the only way that is by using screens.				
<ul style="list-style-type: none"> <li>Teacher will demonstrate</li> <li>One group will put on pennies</li> <li>Team with pennies on will rotate one court to the right</li> </ul>		Remember to read your defense to decide how to come off the screen.	Try to get away from your defender.	
<b>Closure//Assessment</b> I want to see what you learned today. <ul style="list-style-type: none"> <li>Can someone raise their hand and give me one of the four ways to use a screen and why you would use it?</li> <li>How about another?</li> <li>How about another?</li> <li>And one more?</li> <li>What are two key to coming off of a screen?</li> </ul>				

