

Physical Education Program
Shooting Footwork
Lesson #5

1. Objectives

A. Students:

1. By the end of class, the students will be able to demonstrate correct foot placement and technique, by shooting the ball at a stationary target.
 - a. Inside pivot foot
 - b. Jump Shoot
 - c. Triple Threat
2. By the end of class, the students will be able to demonstrate correct shooting footwork technique at stationary target.

B. Teacher:

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

2. Instant Activity:

"Basketball Mania"- Prior to the students arriving, set the activity area up as follows: Use colored floor tape to make and number 3 long taped zones in front and parallel to each of the baskets (zone #1 closest to the basket; Zone #3 farthest away). Make two large tape "X's", one on each side of the basket (zone #4), and two additional "X's" extended out from the ends of the #3 zone (zone #5). Put ten basketballs (one for each team) facing each basket, each sitting on one deck ring, to keep them from rolling on the floor. One frisbee is put behind each of the ten balls. After students have had prior practice in dribbling and shooting skill techniques, explain that this is a five-zone game which will require them to do well with both skills. They will be on a group of two or three players; each group will stand behind one of the ten frisbees or hoops. At the signal, the first player in each group will pick up the basketball off the ring, dribble to the #1 zone, and take a shot from anywhere in that zone. If the player makes the shot, he/she dribbles to the #2 zone, shoots, and continues on to #3, #4, and #5, as appropriate. While this is taking place, the other members on the team are standing in line dribbling the ball, using both the right and left hands, while watching their teammate shoot. When a shooter misses, he/she dribbles back to the team and places the ball on the ring. He or she then goes to the pail in the middle of the gym and picks up the earned number of bean bags: for each basket made in the numbered zone, the group gets that number of bean bags (e.g., one bean bag for a shot made in zone #1; 5 bean bags for a shot made at zone #5, etc.). The next person in line may go as soon as the ball is placed on the ring (the first player takes their ball off the ring when they get back to the line so they can dribble while waiting). The game will continue until all the bean bags or objects from the center of the gym are gone or for a specified amount of time, at which point each team counts the number of bean bags they earned. During the activity, observe to see if students are shooting from the correct zones, and are using correct dribbling and shooting techniques. During the activity, you may decide to rotate one member of each team in a clockwise direction before each round, to add variety to each team.

3. Set Induction:

Today we are going to learn many different ways to have are feet when we shoot. Have any of you ever seen Michael Jordan play? If you ever watch him, is feet are in different positions to shoot the ball. That is what we are going to practice today.

4. Content Development – see next attached page

5. Closure/Assessment:

- When do you use both feet to jump? The jump shot.
- To get around the defender what would be the best shoot? Inside pivot foot.
- If you were to pass or shoot what position do you want to be in? Triple treat.

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
 - 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"> Scatter equipment in 5 hoops scattered around the outside of the activity area. Clearly mark boundaries with cones/stackers. 			
Informing Task: I would like you to go get a ball from hula-hoops and begin doing lay-ups.			
<ul style="list-style-type: none"> Scattered formation Students pick up own equipment from hoops. 	1. Take one giant step with your foot closest to the defender.	To find your inside pivot foot you take the foot that is closest to the defender .	See how close you can get to your defender with out touching them.
	2. Take a giant step to the other side.	Use the arm that you are not dribbling with to shield the defender , which would be the arm closest to the defender.	Have the defender try to get the ball and you shield the defender.
	3. Now when doing lay-ups use your inside pivot foot. Going to the right side.	Use a burst of energy to go around to defender.	See if you can get around the defender.
	4. Now use your inside pivot foot. Going to the left side.		
	5. Using your inside pivot foot go around a defender.		

Informing Task: Now jump and land with both feet.

MAF/ Instructions Technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> Have students find a partner before giving information task by birth date. One partner stands on the coned line and has the other coned partner on the other coned line. Have the students who are on the first set of cones put there ball back in the hoop before starting. 	<p>6. Land on both feet and jump with both feet again.</p>	<p>You want your feet to be shoulder width apart. Not to wide and not to narrow. A good solid base.</p>	<p>See how many times you can jump up and down while singing marry had a little lamb.</p>
	<p>7. At the top of your jump and shoot the ball.</p>	<p>Jump in the air at the top of your jump shoot the ball. You shoot at the top of your shot so it will be more difficult for the defender to block. You use the same form when shooting a regular shot. Fundamentally you want it to be the same.</p>	
	<p>8. Now at the end of your shoot make sure you follow through to get a correct shot.</p>	<p>Remember to put your hand in the cookie jar after the ball leaves your hands.</p>	

Informing Task: Begin by passing to your partner.

MAF/ Instructions Technique	Extensions	Refinements	Applications
<ul style="list-style-type: none"> Have the students find a partner before giving information task. One partner stands on cone while other stands on other cone. Have students pass in a triple threat stance. 	<p>9. Bend knees and stand in a shooting type motion. Continue to pass.</p>	<p>Look like you are going to shoot the ball.</p>	<p>See how many times you can pass to your partner.</p>

	10. Same type of form but now shot toward the basket.	Have feet shoulder width apart, bend your knees, and have the ball in a shooting type form.	See If you can make your partner think your shooting then pass it and vise verse.
	11. Now you can shot or pass from this position.		

Closure / Assessment:

- When do you use both feet to jump? The jump shot.
- To get around the defender what would be the best shoot? Inside pivot foot.
- If you were to pass or shoot what position do you want to be in? Triple treat.