

**Physical Education Program
Passing in Basketball
Lesson #2**

1. Objectives (Specific, Behavioral, Assessable)

A. Student:

1. By the end of the class, students will be able to demonstrate the correct technique used for the chest pass,
 - a. "Thumbs down" is the finishing point after a chest and bounce pass.
 - b. Target is the chest of the receiver.
 - c. Crisp pass
 - d. Aim for a spot 2/3 to 3/4 of the distance for a bounce pass.
 - e. Do not put ball behind head for an overhead pass.
 - f. "Thumbs up" is the finishing point after an overhead pass.
 - g. step across body and pass for one-handed bounce pass.

B. Teacher:

1. Teacher will give demonstrations for each pass, provide feedback on skills, establish signals, and manage equipment.

2. Instant Activity:

"Passing Game" "In 3 seconds I need everyone to line up on the baseline. (Teacher will count down 3-2-1) I am going to place you in teams. (Teacher will count off students 1-10 in order to have 1.0 teams of 3) In 5 seconds I need for the 1's and the 2's with the two's and so on. (Teacher will count 5-4-3-2-1) This is your team. You will be playing a game using 1 basketball per court. The courts are marked by the 12 cones. (Teacher will point out cones) (Refer to set up page) In this game there is no dribbling, only passing. Your team's goal is to pass the ball between all three teammates, (which means everyone on your team must touch the ball before you can score) across your opponent's goal which is the line in between the two cones on that court. If you go out of bounds, it is a turnover. After you receive the ball you can only take two steps. If you take more steps, it is a turnover. Once a team scores a goal, it is the other team's ball. The one's are playing the two's, three's are playing the four's, five's are playing the six's, seven's are playing the eight's and nine's are playing the ten's. (Teacher will point out which courts the teams are playing on) (1 basketball is setup on each court) Raise your hand if you have any questions. Go."

3. Set Induction:

"One of the main ways to score a basket in basketball is by passing to an open teammate that takes a shot and makes it. Passing is a very important part of basketball. Today we are going to learn passing skills that will help your team be more successful."

4. Content Development—see next attached page

5. Closure/Assessment:

I want you to show me what you have learned about passing. To do this I am going to ask you to demonstrate some skills and answer some questions.

- Close your eyes and show me what your hands should look like after a chest and bounce pass. Yes, thumbs down.
- What is our target for each pass? Yes the receiver's chest.
- Do we pass the ball slow or crisp? Why? Yes, we pass the ball crisp so the opponent has less of a chance to intercept the ball.
- How far away towards our partner do we aim to bounce the ball? Good, 2/3 to 3/4 away.
- Why don't we put the ball behind our head when making an overhead pass? Good, so the opponent does not steal the ball.
- When making a bounce pass around an opponent, what is on thing we can do to make it a successful pass? Yes, you can step across the body and bounce the ball 2/3 to 3/4 toward out partner.

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

- 15 cones
- 30 basketballs

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:

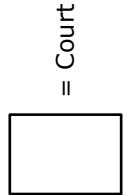
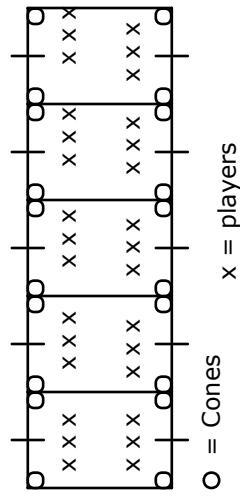
- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
 - 1st offence- teacher will remind student of rules.
 - 2nd offence-Pull student from activity and give student time out.
 - 3rd offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

MAF/Instructional technique		Content Development*		Applications
Extensions		Refinements	Content Development*	
Informing Task: When I say go, get a basketball from the cart and begin practicing the chest pass against the wall.	1. Pick a spot on the wall and hit your target.	Remember to step towards target.	See if you can hit target/spot on the wall 5 times in a row.	
• Teacher will demonstrate correct technique.	2. If you feel comfortable, move back 2 giant steps.	When you release the ball, focus on keeping your " thumbs down. "	See how crisp you can make your pass.	
Informing Task: You have three seconds to get into groups of two. (teacher counts 3-2-1) For this activity, you and your partner will only need one basketball. When I say go, I want the partner that is taller to bring his/her basketball to the cart. You will be practicing the chest pass while moving. This task involves no dribbling, only passing. Your partner with the ball will line up here. (teacher points out spot) The other partner will line up directly across. You will stay on the outside of the cones, passing back and forth to each other all the way around the cones. It should look like this. (teacher will demonstrate) Raise your hand if you have any questions. Go.	3. Start out by walking at a fast pace.	Remember when you make your pass make it a " crisp pass. "	See if you can go 2 times around the circle without dropping the ball.	
• Teacher will demonstrate. • Refer to setup page. (cone setup)	4. Now move the other direction at a jog/run pace.	When you pass the ball your target is the chest.	See how many passes you can make going around once.	
Informing Task: When I say go, if you do not have a ball, get one from the cart. After you have a basketball, begin practicing the bounce pass against the wall. (teacher will demonstrate)	5. Pick a target/spot on the wall and hit your target.	Concentrate on bouncing the ball 2/3 to 3/4 of the way there.	How many times can you hit your target in a row?	
• Teacher will give cues and instructional information with a demonstration.	6. Move back two steps and practice bounce pass.	After releasing the ball, your thumbs should be pointed down.	See how crisp you can pass the ball.	
Informing Task: "When I say go, I want you to get I the same groups that you were in when you were practicing the bounce pass around the cones. You and your partner need only one ball so the partner that is taller needs to bring their basketball to the cart. After you have got with you partner and he/she has put their ball in the cart, line up in the same spot as you did with the bounce pass. (teacher will check for understanding) Go."	7. Start out by moving at a fast walk.	Make sure to lead your partner bouncing the ball 2/3 to 3/4 of the way there.	Can you make 10 successful bounce passes in a row?	
• Teacher will demonstrate. • Same setup as chest pass.	8. Now move the other direction at a jog/run.	Concentrate on keeping your " thumbs down " after pass.	Can you spell your name in successful passes?	
Informing Task: "When I say go, I want you and the same partner to line up on this sideline. You will be practicing the overhead pass. (teacher will demonstrate and instruct) Begin passing using the overhead pass. Go."	9. If you can make 10 successful overhead passes, take 4 giant steps back.	Remember not to put the ball behind your head.	How many times in a row can you hit your partner in the chest?	

• Teacher will demonstrate.	10. (Teacher blows whistle) The partner who does not have the ball is going to run towards his/her partner and receive the pass. It should look like this. (teacher demonstrates)	As you finish the pass, your thumbs should be pointed up.	Pick your favorite number and see if you can do that many successful passes.
	11. Switch, now the partner who was receiving the pass is now the passer.	Aim for your partner's chest .	See if you can spell out your name with successful passes.
		Informing Task: For this activity, I need you to get into your teams that you had for the passing game. We will be practicing the one handed bounce pass around an opponent. You will only need 1 ball. In your teams, there will be a passer, defense player, and a receiver. It will look like this. (teacher will demonstrate) When I say go, get into your teams and begin passing around the opponent in general space. After 5 passes switch. Raise your hand if you have any questions? Go."	
• Teacher will demonstrate.	12. Pass ball around opponent to the right.	Remember to step across body .	See if you can do 5 perfect passes in a row.
	13. Pass ball around opponent to the left.	Bounce the ball 2/3 to 3/4 of the way there.	Once successful pass = one letter of the alphabet. Can your team get to "Z" with successful passes?
	14. Pick either side and pass ball around opponent.	Make sure to crisply pass the ball.	For every successful pass, give yourself 100 points. How many points can you get?
		Closure/Assessment	I want you to show me what you have learned about passing. To do this I am going to ask you to demonstrate some skills and answer some questions.
			1. Close your eyes and show me what your hands should look like after a chest and bounce pass. Yes, thumbs down.
			2. What is our target for each pass? Yes the receiver's chest.
			3. Do we pass the ball slow or crisp? Why? Yes, we pass the ball crisp so the opponent has less of a chance to intercept the ball.
			4. How far away towards our partner do we aim to bounce the ball? Good, 2/3 to 3/4 away.
			5. Why don't we put the ball behind our head when making an overhead pass? Good, so the opponent does not steal the ball.
			6. When making a bounce pass around an opponent, what is on thing we can do to make it a successful pass? Yes, you can step across the body and bounce the ball 2/3 to 3/4 toward out partner.

Set Up Page

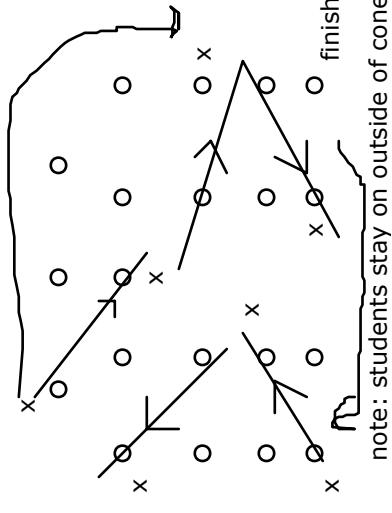
Instant Activity "Passing Game"



O = cones
x = students

x = players

Cone setup for Passing
with partner while moving
(chest & bounce pass)



start-->

note: students stay on outside of cone!