

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
7	Basketball	Rebounds, boxing out and Person to Person Defense	Boundaries, basketballs, chalk, poly spots. Dynamic stretches station cards

### Objectives

The Students will:

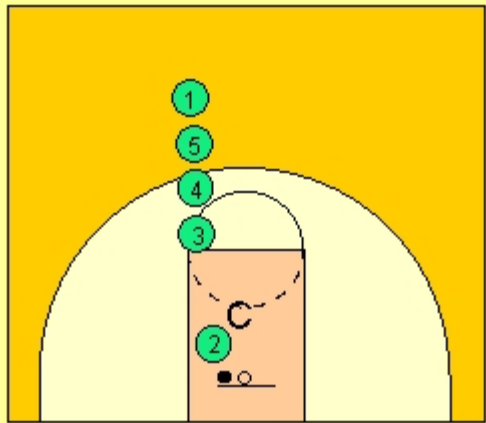
1. Demonstrate rebound and boxing out skills.
2. Demonstrate how to increase step count during activity.
3. Participate in dynamic stretches with an understanding of when they are appropriate to use.
4. Show respect for peer referees.
5. Have fun, be safe, do their best and be respectful.

If you have any feedback on the lesson please email me at [brummiejo@msn.com](mailto:brummiejo@msn.com).  
Thanks, Jo.

### Benchmarks

- 1.3 Combine manipulative, locomotor, and non-locomotor skills into movement patterns.
- 1.4 Demonstrate body management and object manipulation skills needed for successful participating in individual and dual physical activities.
- 2.2 Apply feedback from the teacher or others to improve skill performance.
- 2.4 Explain and demonstrate spin and rebound principles while performing manipulative skills.
- 2.5 Compare and contrast the effectiveness of practicing skills as a whole, and practicing skills in smaller parts.
- 2.6 Diagram and demonstrate basic offensive and defensive strategies for individual and dual physical activities.

Activity	Time (Minutes)	Procedure	Comments/ Set- up
Intro –	5	<p><b>Review</b> previous lesson  <b>Q</b> = <i>What is the five second rule?</i>  <b>Q</b> = <i>What is a lay up and jump shot and when are they used?</i>  <b>Preview</b> current lesson.  <b>Present</b> new material.</p> <p><b>Dynamic stretching</b> is a form of flexibility beneficial in sports utilizing momentum from form, static-active stretching strength and the momentum from static-active stretching strength in an effort to propel the muscle into an extended range of motion not exceeding one's static-passive stretching ability. Anything beyond this range of motion becomes ballistic stretching. Dynamic stretches are useful in developing neuro-muscular coordination for movements such as a lay-up which requires speed and power.</p> <p><b>A rebound</b> in basketball is the act of successfully gaining possession of the basketball after a missed shot. Rebounds are a major part in the game, as most possessions end after a missed shot. Rebounds are divided into two categories: offensive rebounds and defensive rebounds.</p> <p><b>Q</b> = <i>What is the difference between an offensive and a defensive rebound?</i>  <b>Offensive rebound</b> = The ball is recovered by the offensive side and does not change possession.  <b>Defensive rebound</b> = The defending team gains possession of the loose ball.</p> <p><b>Boxing out</b> is a technique used in basketball to obtain rebounds. A player boxes out another player by positioning himself between the other player and the basket, thereby gaining an advantageous position over the opposing team's rebounder. Get in front of the person you are trying to box out, pivot facing the basket, bend over, get wide with your feet and arms out and block that person from being able to get to the hoop.</p>	Journals: Define Dynamic stretching, rebounds and boxing out.
Part 1 Warm –up  <b>Speedy sock and shots</b>	7	<p>Have students work in pairs in a 2 on 2 situation. The aim of the warm-up game is to score as many lay-ups as possible.</p> <p>Team 1 starts with the ball and begins taking it in turn to shoot set shots, following the shot to look for the rebound and pass out to partner. The shooting team tries to score as many points as they can. Shots only count that are lay-ups and 1. Begin from a specified spot and 2. Touch the backboard.</p> <p>Team 2 have to score a joint total of at least 400 on their pedometer to stop team 1 from shooting.</p>	

		<p>The teams then change roles to see if team 2 can beat team 1's score. They repeat this process for 300 steps &amp; 200.</p>	
Part 1B Flexibility & Dynamic Stretches	8	<p><u>Teaching directions</u> The following dynamic stretches should be done after 5-10 minutes of aerobic exercise and any specific static stretches you have chosen. Have students rotate through the 6 dynamic stretch stations. Tell students at each station they must have a new group member read the directions while the other group members perform the stretches. Explain that the person reading the card is leading the station and should give feedback to correct form.</p>	
Part 2A Skill development Rebounds	7	<p><b>Q =</b> <i>What is the difference between an offensive and a defensive rebound?</i></p> <p><u>Teaching Directions – Rebounds</u> Have one team demonstrate the drill Below and then send teams to practice.</p> <p>Line players up at the free throw line. The drill start by tossing the ball off the backboard. The first player in line runs in and tips the ball back up off backboard, making sure it doesn't hit the floor. The next player hustles in while the first player runs to back of line and the ball is still in the air and does the same. Don't let the ball hit the court.</p> <p>Challenge groups to see how many they can complete consecutively. If students are unable to tip it back up Have students start with jumping to catch the ball and tossing it up for the next person.</p>	 <p>If there are not enough hoops you can use a wall with a square chalked on it</p>
Part 2B Boxing out	7	<p><u>Technique Cues</u></p> <ol style="list-style-type: none"> <li>1. <i>Positioning yourself between the other player and the basket</i></li> <li>2. <i>Pivot to be facing the basket</i></li> <li>3. <i>Get wide with feet and arms out and block that person from being able to get to the hoop.</i></li> </ol> <p><u>Teaching Directions</u> Have student return to hoop in the same starting position, with the following adjustments Person 1 (Offense)– Goes out to make a lay-up and then returns to the end of the line Person 2 (Defense) – Runs out at the same time as person 1, stops just short of the basket and attempts to box out person 3 and then catch the rebound. If caught passes directly to person 4 (next in line). Person 3 (Offense) – Counts to 3 and runs out to get the rebound, if the rebound is caught he/she may attempt another shot, then pass to the next person in line (4).</p>	
Part 3 Concept game	10	<p>Divide class into groups of 6, give students 10 seconds to be in a group seated and after that time assign students to groups. (If your team are about 6, then stay in teams) Discuss person to person defense and explain that in the next game they are to use this strategy. Play some 3 on 3 ball. Explain how to check the ball between switches in offense and defense. Tell students that shots scored off an <b>offensive rebound</b> in this game are worth double!</p>	<p>By making offensive rebounds worth double 1. Students will focus on the skill 2. You will easily be able to see who does not understand the concept and be able to assist them.</p>
Closure	3	<p><b>Q=</b> <i>What form of defense did we use today?</i> <b>Q=</b> <i>What is important to remember when boxing out?</i> <b>Q=</b> <i>What is the difference between an offensive and a defensive rebound?</i> <b>Q=</b> <i>What are the benefits of using person to person defense?</i> <b>Q=</b> <i>How did you resolve any issues in game play?</i></p>	<p>Journals: Write the answers to the questions.</p>