



Equipment

- Basketballs for every pair of students
- Cones or floor tape to establish 10' x 10' squares.

Introduction

Today you are going to work on your defensive skills. While a good offensive game helps teams score points, a solid defense prevents the opponent from scoring, limiting the chances for a close game and increasing the chances of a win. To become a well-rounded player, it's important to work on defensive skills as well as the offensive skills of dribbling, shooting, and passing. Putting it simply, defense is putting yourself between the ball and the basket or teammate. The goal of defense is to keep players from scoring against you.

Warm-up/Stretch

- Groups of three place stand in 10' x 10' square. Number students 1-3. Number 1s/3s are offensive players, try to establish passing lanes. Number 2s try to get between offensive players, blocking passing lane. Earn one point for every open lane maintained for 2 sec. Rotate positions every 60 seconds. Begin with walk and gradually increase speed.
- Major muscle stretches, students identify muscles.

Learn and Practice

Two-on-One Defense

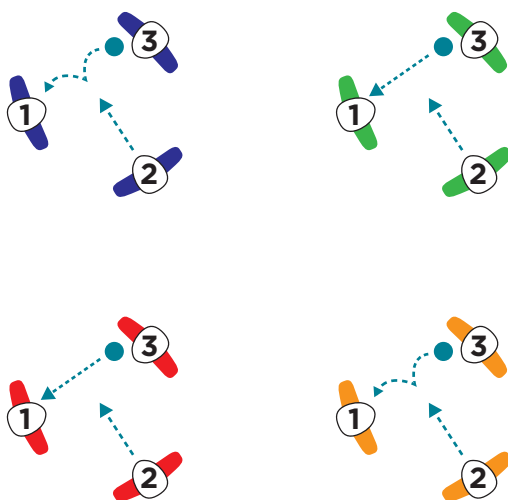
Demonstration/Instruction

- Teacher: Demonstrate proper defensive positioning.
 - Explain defense is typically one-on-one. Use student leader to demonstrate. To defend player (your "man"), stand facing player with feet hip-width apart, knees bent. To block player from receiving ball, turn backside to ball. To block player from passing ball, face player with ball. Block passing lane by moving to and standing in open space. Raise arms overhead/to side to block passes.

Activity

- Students: Groups of 3 repeat the warm-up activity with a ball, practicing proper defensive positioning and movements. Offensive players try to pass ball using bounce or chest pass. Defensive players attempt to block passes. Rotate positions every 60 sec.
- Teacher: Assess student progress and provide feedback. Remind students block open space with bodies and keep eye on the ball.

Two-on-One Defense



Texas Hold 'Em

Activity

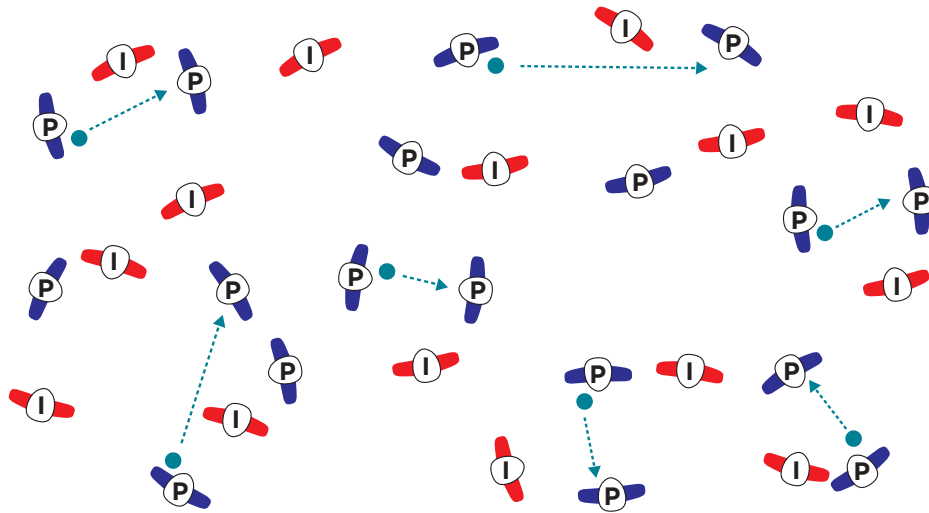
- Students: Teams of 2-3 play against each other in a passing game in 10' x 10' square. One team starts on offense, attempts to make as many passes as possible. Keep track of successful passes in a 30-sec. period, change roles.
- Teacher: Assess student progress and provide feedback. Encourage teammates to communicate with each other with visual and verbal cues to indicate open space.

Application/Game Play

Interceptors

Activity

- Teacher: Define playing area (typically a basketball court) and boundaries. Create two equal teams: passers and interceptors. 1 ball for every 4 students.
- Students: Passers try to make passes—passers cannot move when in possession of ball. Interceptors try to knock/intercept balls. If ball is intercepted, it is dropped in place for passer to retrieve.
- Teacher: Assess student progress and provide feedback. Switch teams every 90 sec. to 2 min.



Assessment

- Ask students to identify three key elements of effective defense positioning.

Homework

None

Words of Wisdom

Demonstrate kindness to others.

Pedometer Goals

High Intensity PA: 70% - MVPA: >50%