

Initial Introduction—Who remembers what a dynamic warm-up is?

Warm Up

- Jog 2 laps
- Agilities/Dynamic Stretching

*Transition: will everyone please walk over and have a seat on this side of the key facing me*

Introduction

- Review yesterday's lesson  
Good# of shots, we let you explore and shoot the best way you knew how
- This is not our first time picking up a basketball we **ALL** have different skills
- TODAY **please try** to do the skill as taught
- Trying something new can feel awkward, it isn't about getting it in the hoop today, it's about learning. You are not basketball players, you are students.

D/E

- B E E F
- Set shot/Jump Shot
- FOCUS: knees bent, elbow, follow through
- Dominate hand (shoots) opposite (guides)

*Transition: find a partner, one person get a ball, alternate shots*  
**\*BE AWARE OF OTHERS, you are not going to be the only one shooting. Be alert.**

Practice

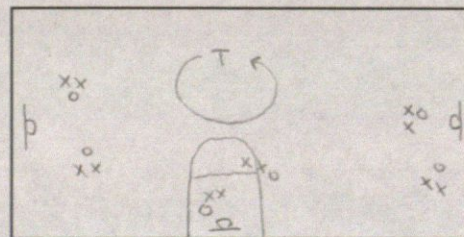
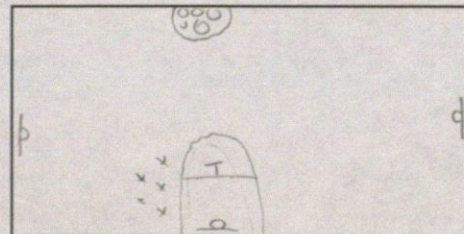
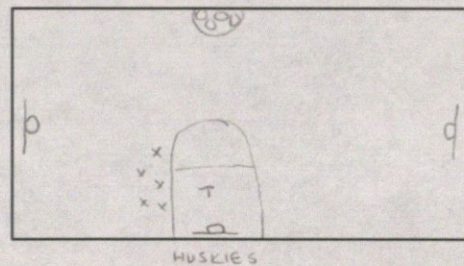
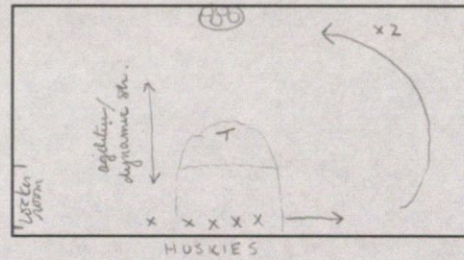
- A few sets of partners at each basket
- Shoot from where you feel comfortable

D/E

- Lay-up
- Student demo/teacher demo
- Step, step, step, HOP
- Same arm/leg

Practice

- Get close to the hoop



- If you feel comfortable you may dribble
- FOCUS: angle to the hoop, same arm/knee, foot pattern, 1 hand

*Transition: will everyone please place their ball back in the basket and have a seat along the mats*

D/E Basketball Tic-Tac-Toe

- Game organization
- X's and O's (decide)
- CAN SHOOT FROM ANYWHERE
- Each person gets the chance to shoot once, retrieves ball, moves to the end of the line [continues]
- Make a basket = make a move on the Tic-Tac-Toe Board
- Object: Win Tic-Tac-Toe
- REMEMBER use tic-tac toe strategy!

Do C/A: Basketball Tic-Tac-Toe

- If you win let me know
- Rotate teams
- Encourage teammates

Closing Discussion

- Thank you for **trying** to do the skill as taught
- What were we doing with our bodies when we were most successful?
- I KNOW Trying something knew can feel awkward, I didn't know until a college class that I was suppose to shoot with one hand! Thank you for listening and learning. Hope you had FUN!

