

Basketball Unit Blockplan

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	<u>Dribbling</u> * Battle Ball - Different Dribbles	<u>Passing</u> * Passing Game - Chest, bounce & overhead	<u>Shooting</u> * Shooting Clockwise - "BEEF"	<u>Shooting</u> * Fancy Dribble - Jump shot & free throws	<u>Shooting</u> <u>Football Mania</u> * Basketball Mania - Triple threat, & pivot, jump stop, & circle drill
Week Two	<u>Lay-ups</u> * Spell & Dribble - Right, left, reverse, & finger roll	<u>Moves to Basket</u> * Basketball warm-up - Crossover, rocker step & direct drive	<u>Screens</u> * Jewels in the crown - Setting, & when positioning, & when to use	<u>Using a Screen</u> * Lay-up drill - Curling, back cut, pop out, & flare	<u>Cuts to get open</u> * Passing Tag - "L" & "V"
Week Three	<u>Offense</u> * Three man weave - Picks, pick & roll, give & go, & passing on the move	<u>Defense (footwork)</u> * Bean bag Tag - Fast feet, slide, drop step, & zigzag	<u>Defense</u> <u>(5 man shell)</u> * 3 Man Pass around - Denial & help side	<u>Rebounding</u> * Keep up - Positioning, footwork, & outlet	<u>Fast Breaks</u> * 3 Team Basketball - Rebound/ outlet/ passing/ lay-up
Week Four	<u>Stations</u> * Jump & Dribble - Practice previously learned skills	<u>3 on 2</u> * 3 on 3 no dribble - Practice for game situations	<u>3 on 3 ladder games</u> * 3 on 3 - Introduce element of competition	<u>5 on 5 no dribble</u> * King of the Court - Practice for real team basketball	<u>5 on 5 games Assessment</u> * Dribble Tag - Use every element of basketball in a game

Key: *Instant Activities -Main Focus