

Basketball

Learning Station Co-op, *Spring 2019*

Grades: *7-12*

Teachers: *Rod Redcay & Lisa Zook*

Description:

In this fast-paced, high energy class student will learn the fundamentals of basketball including how to dribble, pass and shoot. As a team, they will learn offensive and defensive strategies like “boxing out” and “setting a pick” using both “man to man” and “zone” defense. Drills, games and gameplay will be used to teach and reinforce skills. This 10-week enrichment course will meet for 1 hour/wk and is for 7th-12th graders. Students should come dressed in gym clothes (shorts or sweatpants and sneakers, preferably high tops) If student has a basketball, they should bring it.

Weekly Plan:

<i>Week #:</i>	<i>Descriptions/Instructions</i>
<i>1 - Jan 30</i>	Introduction – Safety, Rules, basic skills (dribbling & passing)
<i>2 - Feb 6</i>	Recap dribbling, passing and learn to shoot
<i>3 - Feb 13</i>	Recap previous skills. Intro to team play
<i>4 - Feb 20</i>	Basic offense (positions, plays, setting picks)
<i>5 - Feb 27</i>	Basic defense (man-to-man or zone)
<i>6 - Mar 6</i>	Start game play
<i>7 - March 13</i>	Review and game play
<i>8 - Mar 27</i>	Review and game play
<i>9 - Apr 3</i>	Review and game play
<i>10 - Apr 10</i>	Final Tournament