

Introduction

This is going to be a very exciting unit of basketball because we are going to try something new. Everyone is going to have the opportunity to learn and advance through the skills of basketball at your own pace. This is going to require you, the student, to take responsibility for your own learning!

Georgia Performance Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Responsibilities

<u>Student</u>	<u>Teacher</u>
✓ Come to class ready to get started	✓ Store workbooks and have them accessible to students.
✓ Keep up with your progress in your workbook	✓ Have equipment ready for students to use
✓ Get your equipment for the next task and put it away when finished	✓ Be available for questions
✓ Read/view the task directions for each new task	✓ Check student's progress from time to time.
✓ Set up the task as presented in the workbook	✓ Check tasks that are to be teacher-checked
✓ Complete each task as presented in the workbook	
✓ Verify (mastery) of each task completed.	

Class Procedures and Policies

1. Stand in an ABC order line
2. Receive your PSI Workbook / Personal Recording Form from the class “helper”
3. Get with your practice partner
4. Find a space along the wall (out of the way of set-up equipment) that will be your “headquarters” for the day
5. Complete warm-up routine.
6. Gather needed equipment.
7. Start where you left off in your workbook.
8. Work through the tasks in the workbook
9. At the end of the period, place your Personal Recording Form and your pencil inside your Workbook
10. In ABC order, place your Workbook in your class crate as you walk out the door

Expectations

- A. Always do your best.
- B. Be a good sport.
- C. Care for equipment.
- D. Dress appropriately.
- E. Enjoy learning.
- F. Follow directions and signals the first time they are given.
- G. Give respect to yourself and others.

PSI Basketball Modules

Each module will include the following

1. A **written introduction** to the skill.
2. A **video demonstration** of the proper skill techniques if needed.
3. **Performance cues** for increased proficiency.
4. **Criterion tasks** for demonstrating skill mastery in each module.
5. A **personal recording form** for selected tasks, used to record successful completion of each task.

Self-Checks, Partner-Checks and Teacher-Checks

Each learning task is required to be “checked-off” after completion. Throughout the workbook, there will be self-checks, partner-checks and teacher or proctor checks. Tasks are checked-off by the correct person who will sign and date the proper box.

It is very important that you follow the workbook in the correct order and complete each check in order.

Grading

Grades will be determined by using the following criteria:

1. Personal Recording Form filled out correctly.
2. 80% or better on cognitive tests.
3. Effective use of time.
4. Cooperation with partner.
5. Honesty.

Helpful Hints

1. Ask the teacher or proctor for help when needed.
2. If there is not enough time to complete a new task, at least start it. This will save time for the next day.
3. If your partner is absent, have a proctor complete any partner-checks required.

Warm-Up Routine

(Teacher Demonstration Required)

Warming up

Before performing any stretches, do 50 jumping jacks to warm-up your muscles.

Stretching

Once you're warmed up, immediately go into your stretches. The purpose of stretching is to increase the range of motion of your joints and prevent injury. Do not bounce as you stretch. You stretch slowly, leaning/pushing into the stretches so that you feel them working. Focus your attention on the area you're stretching. Breathe slowly. Hold each stretch for 25 seconds. Do not over-stretch. When in doubt, stretch easier, not harder. If anything really hurts, stop stretching. Muscles are not to be torn or yanked; they are to be eased into the stretches.

	<p>Quadriceps Stretch: Stand up straight. Bend right leg at knee. Grasp right foot behind you with right hand. Feel the stretch in right quadriceps. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25. Repeat these steps for the other leg.</p>
<p>Hamstring Stretch: Stand and bend over with knees straight. Reach toward toes or floor or bring chest toward legs. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25.</p>	 <p>© 1999 ExRx.net</p>
	<p>Calf Stretch: Stand near a wall. Lean your forearms against it, with feet flat on the ground. Lean your forehead against the back of your hands while they're on the wall. Bend your left knee, bringing it towards the wall. The right leg remains straight while doing this. Start moving your hips forward. You will feel your right calf stretch. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25. Repeat these steps for the other leg.</p>

Butterfly Stretch:

Sit on the floor. Forming a circular shape with your legs, join the soles of your feet together and hold them with your hands. Lean your elbows on the inside of your legs. Lean your upper body forward from the hips. You'll feel a stretch in your groin. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25.

**Shoulder Stretch:**

Stand up. Put your right hand over your left shoulder. Put your left hand on your right elbow and pull that elbow toward your left shoulder. You'll feel your right shoulder stretching. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25. Repeat these steps for the other arm.

Triceps Stretch:

Stand tall, with good posture. Place one arm behind your head, with your hand facing down your back. Use the other hand to gradually push down on the elbow joint, while slowly increasing the stretch on the triceps muscle. Inhale (breathe in) through your nose, and exhale (breathe out) through your mouth, as you complete this stretch. Hold this stretch for a count of 25. Repeat these steps for the other arm.



Module 1: Dribbling

Introduction

Basketball dribbling is one of the most important skills players must master in order to play the game of basketball. It is one of two ways to move the ball down the court. The player with the ball cannot travel unless he/she is dribbling the ball.

Task 1 – Stationary Dribbling (Partner-Check)

Equipment-1 basketball per player

Performance Cues for Task 1 A-C:

Finger pads	Remember to use the soft parts of your fingers
Knees bent	As you dribble, bend your knees a little
Waist high	Try not to let the ball bounce higher than your waist.
Hand on top of ball	Make sure your hand touches the ball almost on the top
Forward Backward stance	The foot of the hand you are not dribbling with should be a little in front.



Forward/Backward Stance



Finger pads, hand on top of ball

- A. You and your partner get into self-space. Using the performance cues above, dribble the ball using your right hand only. **To complete this task, you must dribble the ball 30 times without losing control.**

* When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1A**.

- B. Using the performance cues above, now dribble the ball using your left hand only. **To complete this task, you must dribble the ball 30 times without losing control.**

* When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1B**.

- C. Using the performance cues above, begin dribbling with your favorite hand. After 10 dribbles, switch to the other hand and continue dribbling. Don't catch the ball; simply switch from dribbling with one hand to dribbling with the other. **To complete this task, you must switch hands 10 times.**

* When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1C**.

Task 2 – Dribbling while Traveling (Self Check)

Equipment: 1 Basketball per player

Performance Cues for Task 2 A-F:

Hand a little behind the ball	For traveling and dribbling, your hand position changes; keep your hand just a little behind the ball.
Ball to the side	For traveling and dribbling, you want to keep the ball slightly in front of you and to the side of your body.

- A. Using the performance cues above, dribble with your right hand while walking. **To complete this task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2A**.

- B. Using the performance cues above, dribble with your left hand while walking. **To complete this task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2B**.

- C. Moving switches. Using the performance cues above, start dribbling with your favorite hand while walking. After 3 dribbles change the dribbling to the other hand and keep walking. Continue to switch hands after every 3 dribbles. **To complete task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2C**.

- D. Using the performance cues above, dribble with your right hand while jogging. **To complete this task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2D**.

- E. Using the performance cues above, dribble with your left hand while jogging. **To complete this task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2E**.

- F. Moving switches. Using the performance cues above, start dribbling with your favorite hand while jogging. After 3 dribbles change the dribbling to the other hand and keep jogging. Continue to switch hands after every 3 dribbles. **To complete this task, start at the Superstar wall, dribble to the entrance wall and back, without losing control of the ball.**

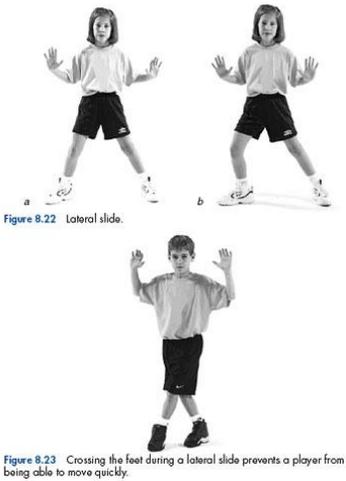
* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 2F**.

Task 3 – Dribbling while changing directions (Partner Check)

Equipment: 1 Basketball per pair, 4 cones

*** Video Demonstrations Available**

Performance Cues for Task 3 A-C:

Hand position	The hand positions we used before are important here. If you want to go to the side, your hand is on the side; to go forward, hand behind; to go backward, hand in front.
Look Up	Remember to look at your partner.
<p>Slide</p>  <p>Figure 8.22 Lateral slide.</p> <p>Figure 8.23 Crossing the feet during a lateral slide prevents a player from being able to move quickly.</p>	Especially when going sideways, be sure to slide your feet, don't cross them.

- A. Changing directions to verbal signals (signals that you can hear). Begin dribbling in open space, traveling in a forward direction. Each time you hear your partner give you a verbal signal, quickly change the direction of your travel and continue the travel/dribble. **To complete this task, you must be able to change directions 8 times on signal without losing control of the ball and while maintaining your dribble.**

* **Partners:** verbal signals include: left, right, forward and backward. In the Personal Recording Form you will find a chart to record successful direction changes. Place a tally mark in the box after each successful change of direction. Once the player has 8 tally marks the task is completed.

Hint: Give player enough time to change direction and continue his dribble before giving the next verbal signal.

Example of chart:

Forward	Right	Left	Backward

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 3A**.

- B. Changing directions to visual signals (signals that you can see). Begin dribbling in open space, traveling in a forward direction. Each time you see your partner point in a direction, quickly change the direction of your travel and continue the travel/dribble. **To complete this task, you must be able to change directions 8 times on signal without losing control of the ball and while maintaining your dribble.**

* **Partners:** visual signals include: pointing left, pointing right, pointing forward and pointing backward. In the Personal Recording Form you will find a chart to record successful direction changes. Place a tally mark in the box after each successful change of direction. Once the player has 8 tally marks the task is completed. **Hint:** Give player enough time to change direction and continue his dribble before giving the next verbal signal.

Example of chart:

Forward	Right	Left	Backward

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 3B**.

Task 4 – Dribbling against a Defender (Self Check)

Equipment: 1 Basketball per pair, One on One station

*** Video Demonstration Available**

Performance Cues for Task 4:

Offense: Look up	You have to be able to see your partner to avoid him or her.
Move to goal	(Always move to your end line)
Ball, Body, Defender	Keep your body between the ball and the defender.
Defense: Body between offense and goal.	Keep yourself between your partner and where he or she is trying to go. Your back should be your partner's goal.
Watch hips	Watch the hips or bellybutton if you want to know where your partner will move next.
Stay about 2-3 feet away.	If you get too close, your partner can go right by you.



Notice: The player dribbling is looking up, not at the floor, and she has her body between the ball and the defender.

Dribbling against an opponent: One on One. Go to the One on One station. Both partners should use the performance cues above to complete this task. Partner 1 will begin at the green cone. Partner 1 will begin dribbling while traveling toward the orange cone; Partner 2 (who is facing partner 1) tries to tap the ball away from Partner 1 and gain control. Neither partner should foul the other by bumping, pushing away or reaching in. Partner 1 tries to maintain control of the ball and reach the orange cone; if Partner 2 gets the ball, he or she gives it back for Partner 1 to begin again. Partners switch roles after each attempt. **Note: partners must stay within the boundaries of the cones in order for it to be a successful trial. To complete this task, you must be able to reach the orange cone 2 times without losing control of the ball.**

* When completed, go to the Personal Recording Form and sign your name and write the date that the task was completed on **Line 4**.

Task 5 – Dribbling Obstacle Course (Teacher or Proctor Check)

Equipment: 1 Basketball per player, Dribbling Obstacle Course

*** Video Demonstration Required**

Performance Cues for Task 5: This teacher check will require you to use all of the performance cues previously explained and practiced. **You will need to tell the teacher or proctor you are ready for this task.**

Obstacle Course – Student will start at the green cone, he or she will jog and dribble to the teacher or proctor. The student will then stand in front of the teacher and follow the verbal and visual signals while dribbling under control. On the teacher's signal, the student will dribble toward the red cone (finish line) against a defender. **To complete this task, you must be able to finish the course without losing control of the ball. The teacher or proctor will tell you whether or not you can continue to the next module.**

* When completed, the teacher or proctor will sign and date your Personal Recording Form on **Line 5.**

Task 6 – Self-Responsibility Checklist

Equipment:

Complete Self-Responsibility Checklist. Be honest.