

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Basketball	3/4	#5	Basic Shooting

### Equipment

- Basketballs/large balls
- Cones for set up
- Bibs
- Basketball/netball hoops

### Learning Objective

- To shoot the ball towards a target using basic technique.

### Success Criteria

- I can use two hands to shoot the ball.
- I can aim towards the hoop or target.

### Key words

- Set shot
- Accuracy
- Technique

### Preparation Ideas/Warm Up

#### King/Queen of the ring

Each child given a ball inside the area. The idea of the game is to keep control of your ball whilst trying to knock others balls out of the same area. If your ball leaves the area you must do a number of ball manipulations to return to the game. When the game stops, those with the most knock outs of others as well as the least number of knockouts themselves are the winners.

If you have differing ability levels, have two separate games going on (one with high ability and one with low ability)

### Skill Development

#### Set shot

The children should know the technique for the set shot. This technique is hand in the cookie jar (see teaching points)

#### Round the clock

Split the children into even groups and place 5 cones around hoop. One should be at 9 o'clock, one at 10/11 o'clock, one at 12 o'clock, one at 1/ 2 o'clock and one at 3 o'clock

Children should practice their shot from different angles using the cookie jar technique. If they hit in from one angle, can they shoot from a different cone changing the angle they are aiming from.

Remember to aim for the small square on the backboard. This will give the best chance for the ball to go in.

Progressions:

>Change the distance to the board (closer for low ability, further away for high ability)

>Focus the low ability children shooting from 12 o'clock. Those of higher ability can try from different angles (especially the 3 & 9 position)

>Make this a game where the children start at 12, then move around until they score from all 5 angles

### Game

#### Chase my score

Split the group in half and have one group shooting and one group dribbling.

The class shooting must score 8 baskets to finish the game. At the same time, the dribbling group need to dribble one at a time across the width of the court. For every child that can dribble the ball across the court and back, the dribbling team get 1 point. Once the game is finished, swap the teams over and see if they can beat their score.

Progressions:

>Increase/decrease the distance of dribbling and the distance to the hoop depending on the ability levels of the class.

>If some individuals need challenged, you can get them to shoot from different angles rather than at 12 o'clock

### Teaching points

- Set shot - Stand with legs apart for balance. Elbows under the ball. Pretend the ball is a clock. (Hands placed at 12 & 3). Aim for the small square on the backboard of the hoop. As you release the ball, pretend you are putting your strong hand into a cookie jar. This will put backspin onto the ball helping it to go through the hoop if it hits the backboard
- We want the children to focus on power and aim. If we are shooting at a basketball hoop with a backboard, we want the children to aim for the small square. If we add too much power, the ball will bounce out from the backboard, so make sure we add the correct power.

### Key Questions

1. What 2 things do we need to think about when shooting? – *Aim and power*
2. Where are we aiming for on the backboard when shooting? – *the square*
3. Why is it important to show encouragement to team mates?

### National curriculum links:

- Using throwing in isolation and combinations
- Develop control and technique through playing basketball

### Social and environmental skills:

- Showing compassion and encouragement
- Working as part of a team