

BASKETBALL TUTORIAL 1

Warm Up Game

- 4 players
- One shoots, the other 3 rebound and then its game on
- If a player gets the ball in the hoop then its game over and they get 2 points
- If the first shot taken by a player goes in that's 1 point
- 1v1v1, and the shooter umpires
- Whoever gets the shot in gets to take the next shot to stat the next game

Individual Practice- Jump-shot

- Individual practices on the wall and in the basket on their technique and accuracy
- Variation includes throwing the ball and then focusing on the 3 C's (Control, Confidence and Concentration)
- Teacher establishes KTP'S for shot

Reciprocal Teaching

- Students are to get into groups of 4
- Students are to practice the jump-shot, and within the drill there will be a shooter, a rebounder, an observer and a collector
- As the shooter takes their shot, the observer watches and assesses the performer
- The critique is then used on the next shot, as the shooter gets 4 shots and then rotates around so all students have a turn at assessing and shooting
- The observer must give feedback after every shot

Mini Games (Guided Discovery and Convergent Discovery)

- The games run with a 4v4 competition
- The students aren't allowed to dribble, and can only shoot outside the keyway
- Teachers lets the students play and then asks questions towards the students about what they were doing to get open for a pass, or why did they turn their back to get the rebound when the shot had been put up
- This leads the students to realise that they make space for a pass instinctively and turn their back for a rebound just through natural ability

Game with 4 students

- Students are to get into groups of 4
- There will be 2 shooters just beyond the arc, a rebounder and an outlet passer
- Shooter will shoot the ball, rebounders will rebound, and one person gets the outlet pass and then passes back to the other shooter