

2012-2013		
UNIT PLAN: BASKETBALL		
<p>Day 1:</p> <ul style="list-style-type: none"> • Ball handling • Partner Dribbling Progression (cross-over, spin, change of speed, behind the back, between the legs) • Partner Passing (Chest, Bounce, Lob) • Shooting <p>Dribble Lay-ups, Jump shots</p> <ul style="list-style-type: none"> • Two Man Plays <p>Give & Go, Pick & Roll</p> <ul style="list-style-type: none"> • Two on Two Scrambles 	<p>Day 3:</p> <ul style="list-style-type: none"> • Warm-up/Review Day 1&2 • Partner Shooting • Three Line Drills <p>Three Lane Passing Three Man Weave Full Court Lay-Ups Full Court Pull Up Jump Shot</p> <ul style="list-style-type: none"> • Fast Break Drills (Offense and Defense) • Game Play 	<p>Day 5:</p> <ul style="list-style-type: none"> • Warm-Up/ review Day 1-4 • Skill Circuit • Complete All Assessments • Game Play
<p>Day 2:</p> <ul style="list-style-type: none"> • Ball Handling Review • Dribbling Review • Dribble Tag • Lay Up Lines <p>Lay-ups from each side of basket Jump Shot (Catch & Shoot) Three Point Shot</p> <ul style="list-style-type: none"> • Game Play 	<p>Day 4:</p> <ul style="list-style-type: none"> • Warm-Up/ Review Day 1-3 • Administer Quiz • Man-to-Man Defense • Introduce Zone Defense <p>Shadow Drill, Zone Skeleton</p> <ul style="list-style-type: none"> • Box Out Drill • Game Play 	<p>Assessment:</p> <ul style="list-style-type: none"> • Knowledge Quiz (Day 4) • Skill Assessments: Ball Handling, Shooting/Passing, Offensive Strategies, Defensive Strategies • Skill Implementation/Strategy Assessments (Day 4 & 5)