

Resources:

Basketballs, cones/spots, bibs

Objectives:

MF: Receiving and passing in a triple threat position.

WALT – We are learning to use the correct footwork to stop, receive and pass and the ball in a triple threat position.

WILF – What I’m looking for is for you to move into a position that provides you with the opportunity to receive the ball and then use that position to pass.

TIB – This is because it is important to receive the ball in a strong and balanced position.

Year 5/6

Lesson 1

Activities	Coaching Points
<p>Fundamentals 5 minute challenge Ski jumps Introduce a ski jump and the 5 minute challenge. Pupils begin by jogging with a set space, changing direction to avoid each other. Upon signal pupils perform 5 ski jumps and then continue. The challenge is for the pupils to maintain their movement throughout the 5 minutes of the warm up</p> <p>Variations Change movement in between the ski jumps to increase sideways, backward, high knees, heel flicks and scissor kicks</p> <p>Accelerate Increase size of jump to straddle jumps. Change travelling movement throughout the warm</p> <p>Modify Ski jump with two feet together, lift one foot to move sideways with the other to follow</p>	<p>Ski jumps Feet, ankles and knees slightly apart. Knees bent Using arms to assist balance Jump sideways, land and jump back.</p> <p>5 minute challenge Continually moving for 5 or more minutes. Complete the whole warm up without walking.</p>
<p>Warm Up – footwork, agility</p> <p>Relay to TTP Ask pupils to organise themselves in team of 4, lined up behind a number of cones. With another coned line 15m/20m away pupils complete a relay spiriting to the line turning by pushing off one foot and returning to tag their teammate.</p> <p>Variations Change type of movement to include backwards and sideways travel Introduce the triple threat position with pupil stopping in triple threat position before return to tag their teammate.</p> <p>Accelerate Introduce the ‘one/two/stop’ Introduce the jump stop</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Feet pointing forwards Knees slightly bent Shoulders rolled back Head up looking for the ball Hands in target position</p> </div> <p>Triple Threat Position (TTP) One/two/stop Lead foot stops on the line and the trail foot stops parallel with it in TTP</p> <p>Jump stop Jump to land with feet still in a TTP</p>

<p>Activity 1 – Passing and receiving Passing square (balls, cones/spots) In fours depending of number of balls, pupils take three steps away from each other marking positions with spots Pupils then complete a number of chest pass, overhead, bounce pass and javelin pass with the ball. Pupil receive the ball should be in triple threat position.</p> <p>Variations Challenge groups to the first to complete 12 passes.</p> <p>Accelerate Alternate direction and type of pass of pass upon command.</p> <p>Modify Depending on confidence of receiver encourage the use of a bounce pass so receiver has time to judge pass.</p>	<p>Pass principles Pass ball quickly to outwit opponent Passer should protect and be in control of the ball before they pass Transfer weight from back to front Pass to directly to or slightly in front of receives hands (never behind) After release follow through with hands, wrists and arms</p> <p>Receiving principles Offer target (one hand if moving, two if stationary). Move towards the pass Upon receipt of the ball move into Triple treat position (see above)</p>
<p>Activity 3 – Passing and moving Passing triangle (balls, cones/spots) Pupils change their square into a triangle with a pupil stood on each cone and the spare pupil stood behind the pupil with the ball. Upon command pupil with the ball passes to another pupil and follows the ball leave the spare pupil on the cone. Receiving pupil then passes the ball to the next waiting pupil and follows. Continue on around the triangle.</p> <p>Variations Challenge the group to how many passes they can complete in 1 minute.</p> <p>Accelerate The type of pass must be different from the pass received. Chest pass/bounce pass/overhead pass/outlet pass.</p> <p>Modify Complete task just using bounce passes.</p>	<p>Triple Treat Rule Once ball is in hands player must keep one foot stuck to the floor. The player may pivot on that foot but must not remove it from the floor until the ball has been passed.</p>
<p>Activity 4 – Passing under pressure 3 v 1 (balls, cones/spots, bibs) In teams of 4 with cones/spots removed area pupils play a 3 v 1 game with attackers trying to outwit the defender(wearing a bib) by completing 10 passes. If ten passes are completed the defender must complete 10 star jumps before changing over. If the defender intercepts the ball then the attackers must complete 5 star jumps before changing.</p> <p>Variation Introduce the defender being able to steal the ball</p> <p>Modify Limit the defender’s movement to the centre of the area</p> <p>Accelerate Only allow chest or bounce passes, no overhead passes</p>	<p>Coaching Points Moving into space (get free) Signalling for ball Quick actuate passing</p> <p>Stealing Rule A ball may be snatched from an attacker if the defender does not make contact with the attacker’s body. Any contact is a foul</p>

<p>Game – Quick passing, moving into space Four v four 'Get free' (balls, cones/spots, bibs) In groups of 8 pupils play a simple game of four v four (one team with bibs). One team must try to complete up to 10 passes whilst the other team are trying to intercept the ball. Once team have intercepted the ball then the count begins again from 0. Only one defender is allowed to mark each offensive player. Accelerate Change the balance of defenders to attacker Only allow particular types of pass. Allow stealing Modify Attacking team are allowed one player who is not allowed to be marked and can move freely throughout the area.</p>	<p>Attacking Use appropriate offensive footwork to find space and to make good passes Emphasise is placed on finding the space</p>
<p>Cool down: Passing, receiving and footwork Follow the leader (balls) In pair pupils follow each other around the area decrease speed each time. Upon the whistle pair complete 8 passes between themselves using the correct triple threat position for passing and receiving. Variations</p> <ul style="list-style-type: none"> • Different types of pass • When passed pupil has to move into a different space to receive the return pass. 	<p>Triple Threat Position (TTP) Provides the receiver with three options: Shoot Pass Dribble</p>
<p>Success Criteria (I can...)</p> <ol style="list-style-type: none"> 1. Perform a 1,2 stop in a triple treat position 2. Receive the ball in a triple threat position and then pivot to make a chest, bounce, overhead and outlet pass. 3. Move into a space that provides the sender with a clear opportunity for me to receive the ball, protect it and control it in a triple threat position. 	<p>Main Coaching Points Triple threat position Quick accurate passing Move into space Signal for the ball</p>
<p>Evaluation</p>	<p>Points for next lesson</p>

Coaching Points for: Triple Threat Position

