



LESSON #10

FUNDAMENTAL SKILL: Defense

LIFE SKILL: Balance

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

Warm Up Activity:

Defensive Ready Position

- Demonstrate a proper defensive ready position
- On whistle players slap the court, yell 'defense' and get into defensive ready position
- Coaches walk through group testing for balance
- Once all players are balanced, coaches blow double whistle and players do fast feet/stutter step
- If coach points left, players defensive slide 3 times to the left, if he points right, they defensive slide to the right 3 times
- Repeat multiple times, shouting out different commands ("shot" – players jump up and block a jump shot, "loose ball" – players dive on to the court and yell 'ball')

Lesson #10 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss with players what they think balance means. Explain the importance of having balance between school and sport/work and fun
- **Fundamental Skill:** Defensive Stance
- **Goal:** Players understanding basic defensive position and stance

Teaching Progression: Defensive Stance

- Feet shoulder width apart
- Knees bent, butt over heels, body low, weight balanced
- Back straight and leaning slightly forward
- Head up, eyes forward
- Hands up, thumbs pointing to shoulders

Activity:

Scatter Stance

- Players in scatter formation
- Players run on the spot
- On whistle, players jump stop into stance
- Players yell "Defense" loudly when in stance
- Repeat several times

Tracing the ball

- Players in partners with one ball
- Player with ball in Triple Threat position
- Player without ball in defensive stance, one arms length away from ball
- Player with ball moves ball by pivoting
- Player in defensive stance follows the ball with hands and yells "ball" on each move
- Repeat switching offense and defense



Zig-Zag Slides

- Players in one line at corner of baseline
- In proper defensive stance, players slide between the sideline and imaginary line down the centre of the court
- When players reach the side or centre line, drop-step and change direction and then begin to defensive slide again
- When players reach the baseline, sprint to other side of court and repeat zig-zag defensive slides

>> **Load:**

- Add an offense player who runs in a zig-zag pattern down the court
- Defense should try to beat the runner to the sides in order to turn them
- Switch roles on the way back down the court
- Increase speed and intensity after several repetitions

Introduce and Play Modified Game:

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Coaches debrief