

Bombers



Lesson Focus: to use passing, shooting and rebounding skills

Backboard

What you'll need

- 3-4 basketball backboards.
- 3-4 foam basketballs.
- Colored vests for teams.
- Lines and cones for boundaries.

Skills to review and demonstrate

Basketball bounce pass and chest pass.

Shooting.

Rebounding.

Getting started

Divide the students into 8 groups of 3 players (4 backboards) or 6 groups of 4 players (3 backboards). Give vests to one group at each backboard.

Place two opposing teams at each backboard. Use cones and lines to determine boundaries for each group.

Student performance objectives

Psychomotor: Students will demonstrate passing and catching a ball with proper form 80% of the time.

Students will move to the open space to be ready to receive a pass 80% of the time.

Cognitive: Students can define why it is important to move to open space during a game.





[Watch the Video](#)

Gym or space with
backboards for grades

4-5

Begin the action

Use Rock, Paper, Scissors to determine which team will have the ball first.

Player throws the ball in to a team mate who tries to pass or shoot for a basket.

If the basket goes in, two points are made, and the ball is given to the opposing team for a throw in.

If the ball hits the backboard, one point is made, and all attempt to catch the rebound.

Players move to the open spaces to receive passes.

Dribbling while in possession is not allowed.

Helpful hints

To encourage more passing, the ball must be passed two times before a shot is made or the ball must be passed to a girl and a boy before a shot is made.

Recap

How does a passer know you are ready to receive a ball?

How do you make yourself available to receive a pass?

National standards

Standard 1&2 : Passing; Catching; Shooting; Team strategy.

Standard 3 : Cardiovascular fitness.

Standard 4&5: Cooperates and participates responsibly with respect for differences.