

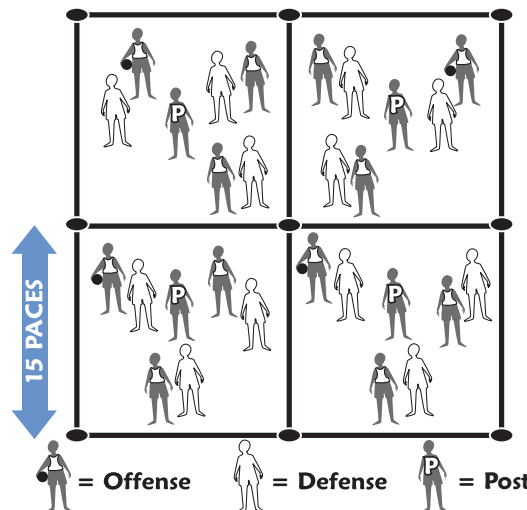


Prep

- 4 spot markers per 7 students
- 1 pinnie per 2 students
- 1 ball per 7 students

Set

- Create medium grid (15X15 paces) per group of 7.
- Form groups of 7; 1 group and ball per grid.
- Each group consists of 3 Offensive Players, 3 Defensive Players and 1 Post Player. The group with pinnies begins on Offense.



Teach

1. The goal of *3-Catch with a Post Player* is to make 3 catches, each to a different member of your group.
2. Offensive players do this by pivoting, passing and moving to an open space. Dribbling is not allowed.
3. In the center of the grid stands a Post Player. Either group can pass to that player when the group needs help. The Post Player must pass the ball back to the group from which they received the pass.
4. Each Defender guards a player from the other group. After 3 catches, the Offense earns 1 point, and the group scored upon has the ball.
5. If a turnover occurs (incomplete pass, ball out of bounds, defense intercepts), group roles are reversed. Offense becomes Defense and vice versa. (*Rotate Post Player after 3 turnovers.*)
6. Principle of 3s in effect.
7. **Cues for Offense**
 - Spread out and use all the space you have.
 - Move to get open for a pass. Use the give and go.
 - Use the Post Player.
8. **Cues for Defense**
 - Play player-to-player and guard someone your size and speed.
 - Keep at least 3' away from the person you're covering, and the ball.
9. **Challenges**
 - How many points can you score on offense?
10. **Think About...**
 - Name skills involved in playing *3-Catch with a Post Player*. In what 2 areas was your group most proficient?
 - Which aspects of your play need more practice?

3-CATCH WITH A POST PLAYER

EXTENSIONS

Royal Court

Play 3-Catch with a Post Player in a Royal Court format. On my signal (3-5 minutes), whoever is behind moves down to the next court while the group that is ahead moves up a court.

4-on-4 Post

(Enlarge the grid area.) Play 4-on-4 3-Catch with a Post Player.

(Advanced learners) 3-Catch as before, but remove the Post Player, allow dribbling, and try for 3 catches in a row.



HOME INTEGRATION

Quick and powerful passing is an important skill in basketball. To improve your passing power and quickness, work on improving your shoulder, chest and triceps muscles. Do as many push-ups as you can in a row. Take a break for a minute. Do another set. Take another 1-minute break. Do a 3rd and final set of push-ups. Do this workout 3X a week and track your progress on a chart.



STANDARDS ADDRESSED

NASPE

#1, 2 Moving efficiently in general space, throwing and catching

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Small cones can be used in place of spot markers for grids.
- Pinnies Rule: Group wearing pinnies gets the ball first and always faces the same direction.

NOTES
