



3v2 CATCH AND SHOOT

STUDENT TARGETS

- **Purposeful Competition:** I will recognize the importance of failed attempts along the path to excellence and learn from them intentionally.
- **Skill:** I will demonstrate defensive tactics related to anticipating and positioning.
- **Fitness:** I will remain actively engaged in all challenges.
- **Responsible Behaviors:** I will demonstrate teamwork and cooperative behaviors.

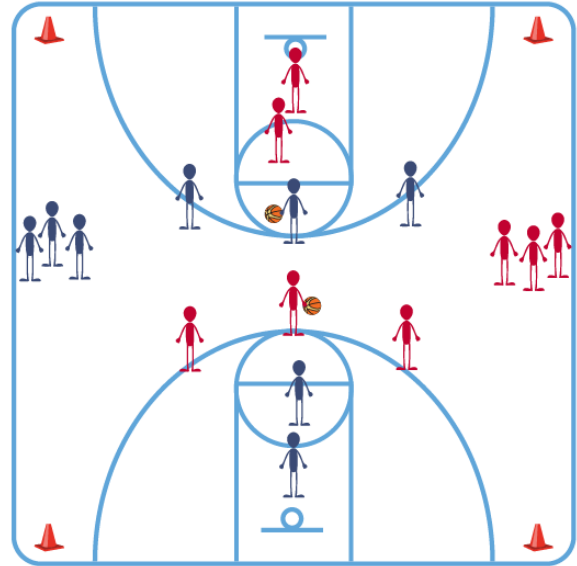
EQUIPMENT & SET-UP

Equipment:

- 1 basketball per 5 to 10 students
- 1 basketball goal per 5 to 10 students

Set-Up:

- Create groups of 5 to 10 students. Each group goes to a basketball goal with a ball.
- 2 students begin as defenders, stacked at the free-throw line.
- 3 students begin on offense (with the ball) about 25 feet from the basket.
- Additional students line up 10 feet behind the offensive players.



ACTIVITY PROCEDURES

1. This activity is called the 3v2 Catch and Shoot. The object is for the three offensive players to score on 2 defenders. Player with the ball attacks the basket and makes a pass to a teammate to move the defender. When the second defender moves to stop ball, the offense makes a pass to the 3rd offensive teammate for a quick catch and shoot. This game simulation helps build control and confidence.
2. On the start signal, the partner with the ball will dribble towards the basket. The defender closest to the ball will close out and stop ball with awareness that the other players on offense are cutting towards the basket. The student with the ball will pass to a teammate when the defender fully commits. The offensive player who received the pass will catch and shoot or pass to an open teammate.
3. The defender will rebound the ball and pass it out to the next three players in line. The student who began with the ball will become one of the new defenders. The offensive player closest to the basket becomes the second defender. The other students move to the line.
4. The activity continues until 20 shots have been made or time elapses.

GRADE LEVEL PROGRESSION

- **Level 1:** Play as described above.
- **Level 2:** Groups will identify and discuss areas of defensive weakness, then design a plan to improve those areas.

TEACHING CUES

- **Cue 1:** Two hands on the ball (east and west) before the pass.
- **Cue 2:** Communicate with your partners (verbal and non-verbal) to complete successful passes.
- **Cue 3:** Use teamwork and cooperative behaviors with your classmates.



3v2 CATCH AND SHOOT (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Increase or decrease the size of activity area as needed.
- **UDL 2:** Use brightly colored cones/equipment to distinguish boundaries.
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.
- **UDL 5:** Provide equipment of different sizes, textures, and weights (e.g., playground balls, foam balls, auditory balls).

ACADEMIC LANGUAGE

Anticipation, Positioning, Communication

PRIORITY OUTCOMES

Purposeful Competition – Association of Failed Attempts with Future Successes:

- **(HS)** Identify the importance of fair and consistent officiating/rule following in a competitive environment in order to differentiate errors accurately for future improvement.

Personal Responsibility & Safety:

- **(HS)** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).

CLOSURE AND DEBRIEF

Debrief Questions:

- **DOK 1:** What is the definition of anticipation? What is the definition of positioning?
- **DOK 2:** How does anticipation affect positioning?
- **DOK 3:** How are anticipation and positioning related to defense?