

FIELD GAMES

SAFETY, MANAGEMENT, AND TEACHING HINTS

- Conduct activities on a grass field free of obstacles which may cause injury.
- Drills and games in this unit often have students distributed over a large area. Establish consistent cues (e.g., one whistle: students freeze and listen; two whistles: students pick up their ball and run to the teacher) to assist with management and organization.
- The SPARK "Principle of 3's" reduces instructional time. The answer to each of the following questions is 3: "How many feet away must I be from the person I am guarding? How many seconds to pass the ball inbounds? How many seconds can the ball be held before a pass or shot? How many passes must be completed before a shot on goal may be taken?"
- To speed pre-game organization, establish the following rules: The team (group) assigned pinnies begins with the ball/implement, and always starts in the same direction. This eliminates the need to state who has ball first and which way they go.

MAJOR DRILLS AND GAMES

Group Passing

Group Passing Challenges

Give and Go

Keep Away (2 on 1)

Group Passing With Defenders

Group Passing and 3-Step Run

3-Step Run Challenges

3-Step Run With Defender

3 Catch Game

Speedball

Hocker

EQUIPMENT NEEDS

1 utility (or foam) ball/2 students, 20-6" cones, 15-18" cones, 1 pinnie/2 students, 1 whistle

UNIT: FIELD GAMES

LESSON: 2

OBJECTIVES

Passing, catching, defending

EQUIPMENT

1 ball/3 students, 4 cones for boundaries, whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
Warm-up and review: Group Passing/ Give and Go	<ul style="list-style-type: none"> -<u>Circles of 3</u>, each with a ball. -Students pass ball to each other. -Designate type of pass: <ol style="list-style-type: none"> 1) underhand 2) overhand 3) chest/chest with bounce 4) baseball 	<ul style="list-style-type: none"> -Try to pass to all group members without dropping the ball. -How many passes can you make in 20 seconds? (30 sec?) -<u>Give and Go</u>: Person with ball takes up to 3 steps before passing, must pass within 3 seconds. People without ball should run a diagonal cut to get open.
Keep Away (2 on 1)	<ul style="list-style-type: none"> -Keep Away formation. -<u>Groups of 3 scattered</u> inside boundaries (1 ball/group). -Two students pass to each other while the "defender" (in the middle) tries to intercept. Rotate defender every minute. 	<ul style="list-style-type: none"> -Play "Keep Away" from the person in the middle. No lob passes over their head. -Stay at least 3' away when guarding the person with the ball; pass the ball within 3 seconds. -If you deflect or intercept the ball, give it back. I will switch defenders later. -Try the "Give and Go." Pass and move into open space.

UNIT: FIELD GAMES

LESSON: 2 (CONTINUED)

ACTIVITY	ORGANIZATION	TEACHING CUES
Group Passing: With Defenders	<ul style="list-style-type: none"> -Combine groups of 3 to make <u>groups of 6</u>. -Two students/group go to the middle of the circle and become defenders. -Groups pass to each other while the defenders try to intercept. -Change defenders every minute. -When all have been defenders once, have <u>3</u> defenders/group. 	<ul style="list-style-type: none"> -Defenders must stay at least 3' away when guarding the person with the ball. -Players with the ball should look for an open groupmate and pass quickly. -If you intercept the ball, give it back. I will switch defenders later. -Pivot, fake, move, cut!