

# LESSON 12 - REBOUNDING

**Intentions:** Familiarisation, catching the ball with feet off the ground, securing the ball, foot position, position in attack and defence.

## 1 Opening Activity

F49 Throw ball up in the air and as it bounces clap, jump or hop.

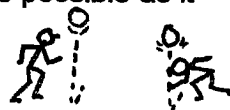
F51 Throw the ball up in the air and pass under the ball as many times as possible as it bounces.

F52 Bounce the ball and pass an arm around it as it travels.

F44 Throw ball against the wall, clap hands in front and catch without dropping.

F45 Throw ball against the wall, touch the floor and catch the ball.

F50 Back facing a wall, throw ball over head, turn and catch the ball.



## 2 Skill Learning

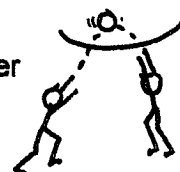
R5 Each child throws, shoots a ball up against a wall so that the ball rebounds above head height. The jump to catch the ball with their feet off the ground.

R6 Shoot the ball from a further distance from the wall, run in to catch the ball off the ground before the ball touches the floor.

R7 In pairs, throw the ball up for your partner to jump up and catch. Throw the ball over a beam or a rope for your partner to catch.

R8 In pairs, each take a turn at throwing a ball up against a wall, for the partner to catch.

R9 In a line of 3, player A throws the ball up against a wall or backboard for player B to catch, who repeats for player C. This continues with each player returning to the back of the line. Set a challenge. How many catches can be made in 30 seconds?



## 3 Game Experience

2 v 1, 2 v 2, 3 v 2, 3 v 3 games played with a target on the wall or a basket with a backboard. Encourage following the shot to catch the rebound.

It is important that 1 to 1 marking is maintained with defenders taking the inside position to "box out" the attacker who tries to come inside. Emphasise securing the ball ready to either pass or dribble the ball out when a defensive rebound is won.

Give points for successful defensive rebounds.



## 4 Closing Activity

C2 Gently jog on the spot with the toes only just leaving the ground, make each step lower until neither foot is leaving the ground. Stand still and then join the circle (or line up to go out of gym).



PLENARY: PQ43, PQ44, PQ45 (page 102)

TOP SPORT CARDS: Shooting Competition. Pair Up. Zone Play.