



PE/Health Virtual Learning

6th/PE Health
Shooting on a goal-Basketball
April 22nd, 2020



6th/PE/Health

Lesson: [April 20th, 2020]

Objective/Learning Target:

LT1- I can identify critical elements to improve performance in selected skills.

NASPE Standard:

Shoots on goal with power in a dynamic environment as appropriate to the activity. (S1.M10.6)



April 20,2020

Objective:

Students will be able to shoot a basketball on a goal by maintaining balance, elbow in with eyes on target, and following through.



Essential Question:

What are the most important steps when shooting a basketball?



Resources used in this lesson:

-You will need the chromebook you checked out from school or a computer at home to practice this lesson.

-You will need one basketball, kickball, or some type of medium/large ball to shoot.

-Your goal could be a basketball goal, large trash can, or a basketball goal at a park.



Practice: Warm-up

We are going to practice a warm-up you would actually use before a basketball game. You can perform these at the park before you begin your shooting workout, or you can perform these exercises in your driveway if you are using a goal in your driveway:

High knees (perform 2 times down and back) [High Knees](#)

Side shuffle left (perform 2 times down and back facing same direction)

Side shuffle right (perform 2 times down and back facing same direction) [Side Shuffles-Left and Right Demo](#)

Arm circles forward 12 times

Arm circles backward 12 times [Arm Circles Forward & Backward](#)



Practice: Shooting on a goal-B.E.E.F.

B-- Balance Keep feet shoulder- width apart with the foot on the shooting side of the body toe-to- heel in front of the other foot; knees bent, hips square to target, and back straight.

E -- Elbow in The ball is held close to the chest and underneath the chin with the shooting hand a little more toward the back and slightly under the ball. The other hand is placed on the side of the ball and used only as a guide. (The guide hand does not become involved in the shot)

E -- Eyes on Target Focus on a target whether that is the square on the backboard or the inside shiny part of the rim. Stay focused on this target. Don't watch the ball after the release.

F-- Follow Through The ball is released by a quick extension of the elbow and a flick of the wrist and fingers of the shooting hand. (Follow through is like reaching up and putting your hand in a cookie jar) Ball should have back spin rotation which will enable the shooter to develop a softer touch.



Practice: Shooting on a goal-B.E.E.F.

Once you have read through and practiced the steps of B.E.E.F., make sure you are consistently practicing these steps when shooting on a goal or trash can.

Challenge yourself by taking a step back if you make the shot or choose a different spot to shoot from.

Here is a link to see a visual of B.E.E.F. by Klay Thompson and Ryan Anderson-two players who have represented the Men's USA Basketball Team [B.E.E.F. Drills and Tips](#)



Additional Resources

Shooting Activities you SHOULD practice

Avoid these shooting mistakes