



Unified PE

Basketball: Passing

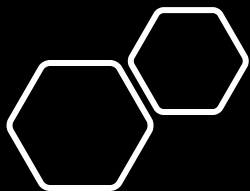
Agenda

What are we doing today?

- Learning Goals
- Skill: Passing
- Warm-up: Darebee Show Time
- Activity:
- Cool Down: Darebee Sandman

What's due?

- Nothing 😊



Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the 4 types of passes
- I can perform each pass with the correct cues





Skill: Passing

- **4 types of passes:**

- Chest Pass
- Bounce Pass
- Overhead Pass
- Baseball Pass

- **To receive the ball:**

- Keep your hands out from your chest
- Keep fingers pointed up and spread comfortably (W-position)
- Having your hands up tells the passer you are open and ready to receive the ball
- Be ready to move – step to the ball as it comes to you
- After the ball hits your fingers, bend your elbows slightly and bring the ball to the triple threat position

Cues: Chest Pass

Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



Triple Threat
Knees bent
Back straight
Protect ball near hip

Step Forward
Bring ball to chest, elbows flared out to sides
Take a step forward with dominant foot
Make visual contact with target
Stay low

Push
Shift weight onto forward foot
Extend arms, pushing ball directly towards target's chest

Follow Through
Extend arms fully
Flick wrists outwards

Skill Breakdown

Learn how to perform this skill with this detailed breakdown.



Triple Threat
Knees bent
Back straight
Protect ball near hip



Step Forward
Bring ball to chest, elbows flared out to sides
Take a step forward with dominant foot
Make visual contact with target
Stay low



Push
Shift weight onto forward foot
Extend arms, pushing ball towards the ground about 2/3 of the distance towards target



Follow Through
Extend arms fully
Flick wrists outwards

Cues: Bounce Pass

SHOW TIME

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



10 side bends



10 jumping jacks



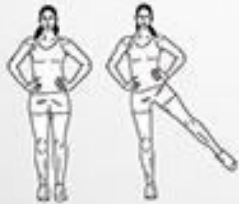
10 knee-to-elbows



10 side bends



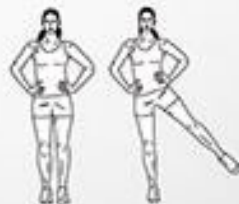
10 knee-to-elbows



10 side leg raises



10 side bends



10 side leg raises

Warm-up: Darebee Show Time

- Complete the following exercises 2x:
 - 10 jumping jacks
 - 10 side bends
 - 10 jumping jacks
 - 10 knee-to-elbow
 - 10 side bends
 - 10 knee-to-elbow
 - 10 side leg raises
 - 10 side bends
 - 10 side leg raises

Activity: Passing Practice

- [Wall Passing](#)
- [3 Passing Drills for At-Home by yourself](#)
- [Passing Drills to Do By Yourself \(Advanced\)](#)



A good shot starts with a good pass.

Sandman

DAREBEE WORKOUT © darebee.com

Hold each stretch for 30 seconds then move on to the next one.



Cool Down: Darebee Sandman

- Hold each stretch for 20-30 seconds