

# Unified PE

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Basketball: Defensive  
Stance



# Agenda

## What are we doing today?

- Learning Goals
- Skill: Defensive Stance
- Warm-up: Darebee Earning My Stripes
- Activity: Defensive Stance Practice
- Cool Down: 5-minute Cool Down Stretches

## What's Due?

- Basketball Skills Exit Ticket – available in announcement & Lesson Materials Module

# Learning Goals

1

I can work hard at home and in school to improve my physical fitness

2

I can name the cues of the defensive stance

3

I can perform the defensive stance correctly

# Skill: Defensive Stance

- **Cues:**
  - Feet in athletic position (shoulder-width apart)
  - Arms spread out wide & hands up with palms facing offensive players (make yourself BIG)
  - Keep back straight
  - Knees bent
  - Slide to move (DON'T cross legs or bring feet together)
- [Basketball: Defensive Stance](#)



## DEFENSIVE FOOTWORK



### Defensive Stance

1. Athletic stance: head up, butt down, knees bent and back straight
2. Feet slightly wider than shoulder width apart
3. Weight evenly spread on both feet
4. Arms spread to the sides with palms facing up.
5. Hands mirror the position of the ball
6. Eyes focused on the offensive player's waist or chest (not the ball - too easily faked)



### Defensive Slides



PUSH OFF FOOT

LEAD FOOT



LEAD FOOT

PUSH OFF FOOT

# EARNING MY STRIPES

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



20 high knees



4 climber taps



20 high knees



4 shoulder taps



20 high knees



4 thigh taps



4 up and down planks

## Warm-Up: Darebee Earning My Stripes

- **Directions:** Complete the following exercises 2x
  - 20 High Knees
  - 4 Climber Taps
  - 20 High Knees
  - 4 Shoulder Taps
  - 20 High Knees
  - 4 Thigh Taps
  - 4 Up & Down Planks (\*\*Modify to plank hold)

## Activity: Defensive Stance Practice

- Defensive Stance Chair Drill
- Defensive Slides
- [Full Defensive At-Home Workout](#)





# Cool Down: 5-min Stretches

- **Directions:** Hold each stretch for 20 seconds

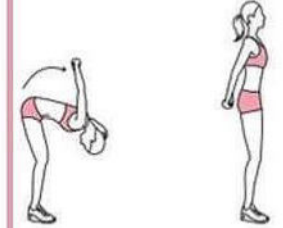
## 5 minute - At Home Cool Down Stretches

standing forward bend



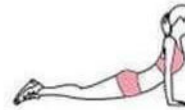
20 sec

biceps stretch



20 sec

ab stretch



20 sec

cat back stretch



20 sec + 20 sec

butterfly stretch



20 sec

hamstring stretch



20 sec + 20 sec

lower back stretch



20 sec

quad stretch



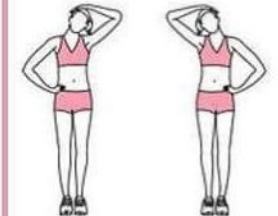
20 sec + 20 sec

calf stretch



20 sec + 20 sec

neck stretch



20 sec + 20 sec