

Secondary Instruction Sequence 7th Grade

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1 Basketball Overview - History (Handout) Dribbling Passing Shooting	History -Handout Intro to Dribbling Technique Dribble Relays Dribble Keep away Personal/Social Best Effort, Teamwork	Review -History -Dribble Intro to Passing Technique Chest Pass Drill, Bounce Pass Drill, Overhead Pass Drill Personal/Social Best Effort, Teamwork	Review -Dribble -Passing Intro to Shooting -Jump Shot Jump Shot Drill Personal/Social Best Effort, Teamwork	Review -Passing -Jump Shot Intro to Lay Ups Column Shooting Personal/Social Best Effort, Teamwork	Review -Jump Shot -Lay Up Intro to Free Throw Free Throw Free Throw Drill Personal/Social Best Effort, Teamwork
2 Basketball Review Week 1 Rules (Handout) Defense Offense Rebound	Review week 1 Dribble Tag Shuffle and Shoot Bounce Pass Drill Chest Pass Drill Overhead Pass Drill Personal/Social Best Effort, Teamwork	Intro to Defense Technique - Stance - Footwork - Hand Position Defensive Shuffle Zig Zag Drill Personal/Social Best Effort, Teamwork	Review Defense Intro to Offense Technique - Plays and Strategies Personal/Social Best Effort, Teamwork	Review Offense Intro to Rebounding Technique Shuffle and Shoot Rebound Drill Personal/Social Best Effort, Teamwork	Review Rebounding Discussion/Review of Rules 3 on 3 Practice Game Personal/Social Best Effort, Teamwork

3 Basketball Testing Tournament	Skills Test - Dribble 3 on 3 Personal/Social Best Effort, Teamwork	Skills Test - Passing 3 on 3 Personal/Social Best Effort, Teamwork	Skills Test - Jump Shot 3 on 3 Personal/Social Best Effort, Teamwork	Skills Test - Lay Up 3 on 3 Personal/Social Best Effort, Teamwork	Skills Test - Free Throw Written Test Personal/Social Best Effort, Teamwork
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