

TGfU 40th Anniversary Webinar Series: Introduction to Game-Based Approaches



Topic 5: Lesson Planning & Structure of Lesson/Practice

October 29<sup>th</sup>, 2022





# 5 Critical Components for learning to teach and coach GBA

- 1. Tactical Concepts/Problems
- 2. Games Modifications
- 3. Using Questions and Reflection
- Authentic Game Play and Assessment
- Lesson Planning







Authentic Game Play and Assessment

Using Questions and Reflection

**Games Modifications** 

Tactical Concepts/Problems

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Seminar.

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> Authentic Game Play and Assessment

Using Questions and Reflection

Games Modifications

Tactical Concepts/Problems

### **Topic 5: Lesson Planning**

- Tactical Concept/Problems
- Games Modifications
- Using Questions and Reflection
- Authentic Game Play and Assessment

Lesson Planning

Authentic Game Play and Assessment

Using Questions and Reflection

lanning

**Game Modifications** 

Tactical Concepts/Problems





### Today's Presenters from IAB



Sanmuga Nathan (Malaysia)



Shane Pill (Australia)



Kanae Haneishi (USA)



David Gutiérrez (Spain)



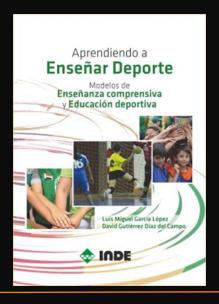


### **Outline**

- Basics of the Lesson Planning and Structure in GBA lessons
- 2. Play with Purpose
- 3. Lesson Plan Example (Field Hockey)
- 4. Lesson Plan Example (Soccer, Nonlinear Approach)
- 5. Questions









# Lesson Planning & Structure of Lesson

### What does a GBA lesson look like?

### Would you recognize a GBA it if you saw it?





#### **GAME-BASED CONSENSUS STATEMENT**



#### **CONSENSUS STATEMENT**

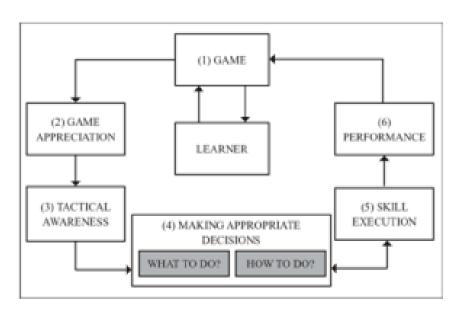
In order to promote terminological consistency among researchers and practitioners, we suggest the use of

Game-Based Approach (GBA) to refer to the <u>learner-centered</u> teaching and coaching practice in which the <u>modified games</u> set the base and framework for developing thoughtful, creative, intelligent, and skilful players.

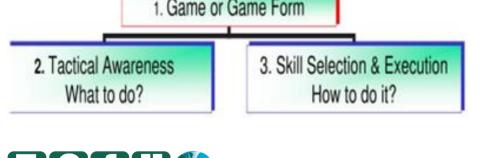
We also encourage the use of Game-Based Approaches (GBAs) to refer to several wellestablished approaches that follow a GBA like TGfU, Game Sense, Play Practice, Tactical Games Model, Ballschool, Invasion Games Competence Model and other similar proposals.

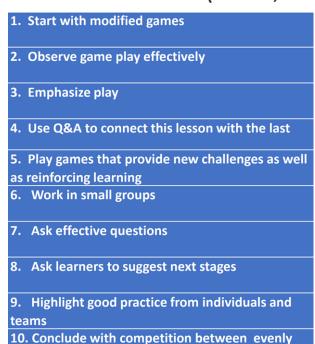
### LESSON STRUCTURE

(Butler, 2014)







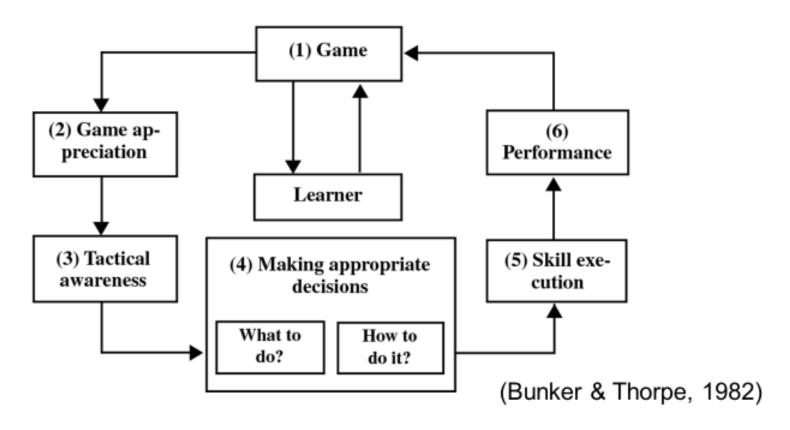


matched teams/players





### Original TGfU Model





### Original TGfU Model

Learner at the center (2) Game ap-(6)The why before the how Performance preciation The game as main Learner teaching and learning (3) Tactical (5) Skill exe-(4) Making appropriate context awareness cution decisions What to How to do? do it? (Bunker & Thorpe, 1982)

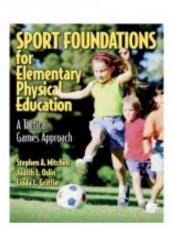
(1) Game

"The key aspect of the model lies in the design of well-structured (i.e., conditioned) games that require students to make decisions to elevate their understanding of games (i.e., increase tactical awareness)".

(Griffin & Butler, 2005)



# Teaching Sport Concepts and Skills A Tactical Games Approach for Ages 7 to 18 Stephen A. Mitchell Justin L. Ostin Lindo L. Gretin



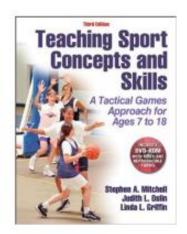
### **Tactical Game Model**

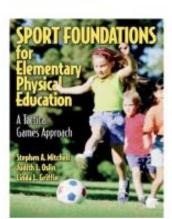
Tactical goals and problems	Game Complexity for Invasion Games  Level of game complexity			
	Level   Three-a-side maximum	Level II	Level III	
Offense and scoring		Four-a-side maximum	Six-a-side maximum	
Keeping possession	Pass, receive, footwork When to pass	Pass, receive, footwork Support		
renestation and attack	Shooting, moving with the ball (dribbling) When to dribble and shoot	Shooting, feinting	Using a target forward Shooting, faking, change of speed, moving with the ball	
Transition			Moving to space, quick passing	
Defense and preventing scoring				
Defending space		Guarding or marking, pressure	Clearing the ball, quick outlet pass	
Defending the goal		Goalkeeper positioning	Goalkeeper shot stopping and distribution, rebounding	
Winning the ball			Tackling and stealing the ball	
starting and restarting play				
leginning the game	Initiating play	Positioning in a triangle	200 0 0 0 0 0 0	
Restarting from the sideline and end line	Putting ball in play	Positioning	Quick restarts	
Restarting from violations	Putting ball in play	Positioning	Quick restarts	

1. Game or Game Form

2. Tactical Awareness What to do? 3. Skill Selection & Execution How to do it?





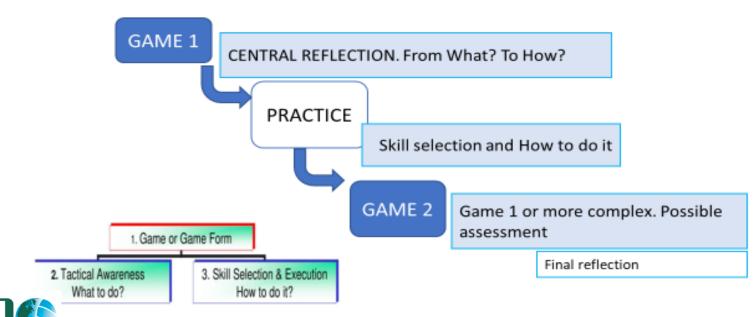


### **Tactical Game Model**

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renetration and attack	Shooting, moving with the	Shooting, feinting	Using a target forward	

**Lesson goal**: based on the tactical learning we want to address and skills to solve it (Ej: keeping the ball in play by getting free)

**GAME**. The modified game leads the learner to focus on the goal of the session. **Practice** allows the learner to work the skill/solution in a more simplified way **Reflections** increase understanding and connection between WHAT and HOW



**LESSON GOAL/S**: describe the tactical learning which is related to a tactical problem of the category (What to do; Ej: *penetrate the defense*) and can include skill to solve it (How to do it: *pass & cut*), and the game situation context (number of players, space...; Ej.: *fast breaking in attacking superiority*).

<u>Initial reflection</u>: introduction with the aim of remembering what has been done and learned in other sessions (or known by other extracurricular means) and explaining the objectives of the session

GAME 1: modified game designed to tactical solution emerge

TACTICAL AWARENESS or central reflection (WHAT TO DO): guided reflection on the solution to the tactical problem posed in GAME 1

**SKILL PRACTICE** (HOW TO DO IT): practice carrying out corrective tasks when it is necessary to work on some technical-tactical aspect that needs to be improved for the correct resolution of the tactical problem raised in game 1

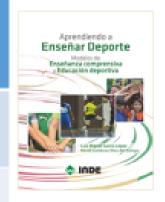
GAME 2: game 1 or a progression of it (number of players, rules, space, etc.)

**Final reflection:** reflection to establish and transfer the concepts learned (make explicit connections with other student knowledge to facilitate transfer). It will serve as an evaluation of learning and teaching

#### Adtional lesson elements:

<u>Introductory game</u>: motivation and warm-up game with a focus on skill <u>GAME 1: Adjustment phase</u>: the teacher adjusts GAME 1 at the group level (team balance and defense/attack difficulty) and individual level (use of facilitators and handicaps)

GAME 2 Additional strategies to increase understanding: time-outs, freeze and rebuild and practice, peer evaluation...



García-López & Gutiérrez, 2017



LESSON GOAL/S: describe the tactical learning which is related to a tactical problem of the category (What to do; Ej: penetrate the defi 1. Start with modified games

GAME 1: modified game designed to tactical so

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#### Adtional lesson elements:

Introductory game: motivation and warm-up GAME 1: Adjustment phase: the teacher adjust

handicaps)

GAME 2 Additional strategies to increase understanding: time-outs, freeze and practice, peer evaluation...

2. Observe game play effectively

3. Emphasize play

4. Use Q&A to connect this lesson with the last

5. Play games that provide new challenges as well as reinforcing learning

6. Work in small groups

7. Ask effective questions

Ask learners to suggest next stages

Highlight good practice from individuals and teams

10. Conclude with competition between evenly balance and defense/attack difficulty) and Ind matched teams/players

Butler, 2014

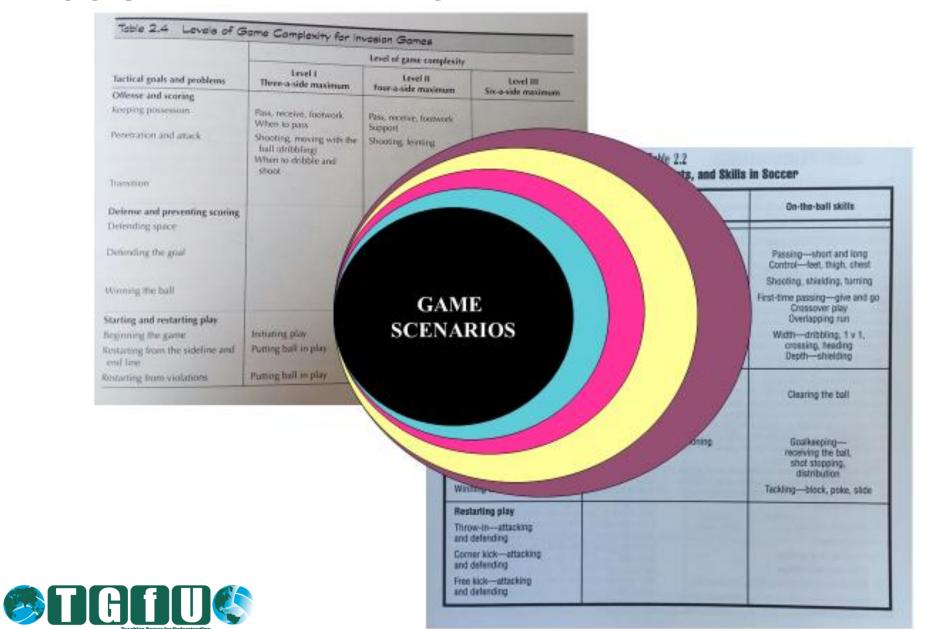


### LESSON PLANNING

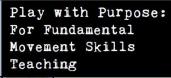
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### LESSON PLANNING









A teaching guide for early years and primary teachers for physical education and daily PE

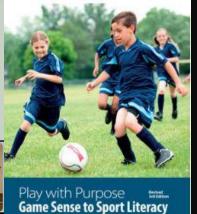






Shane Pill

ACHPER \*



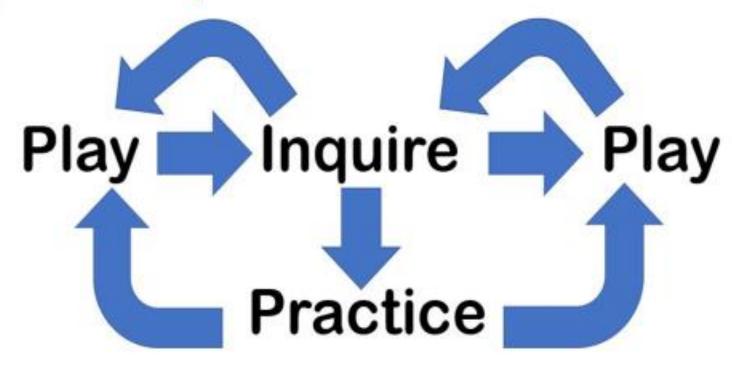
Shane Pill

ACHPER



### Play with Purpose

### Play with Purpose

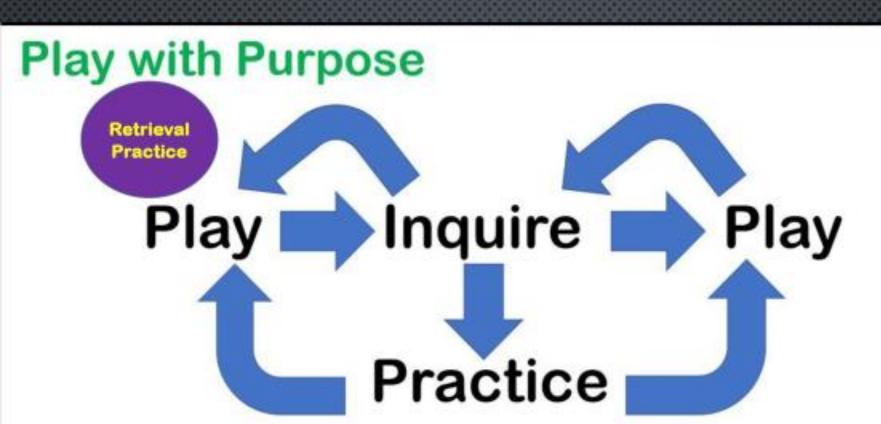


#### Shane Pill

Blog: Learning through Sport https://learningthroughsport.blogspot.com/ Contact:

https://www.flinders.edu.au/people/shane.pill



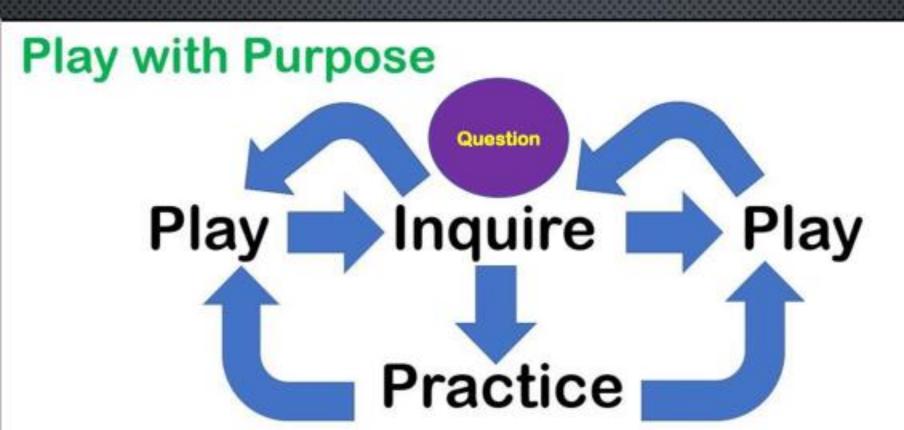


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### Play with Purpose



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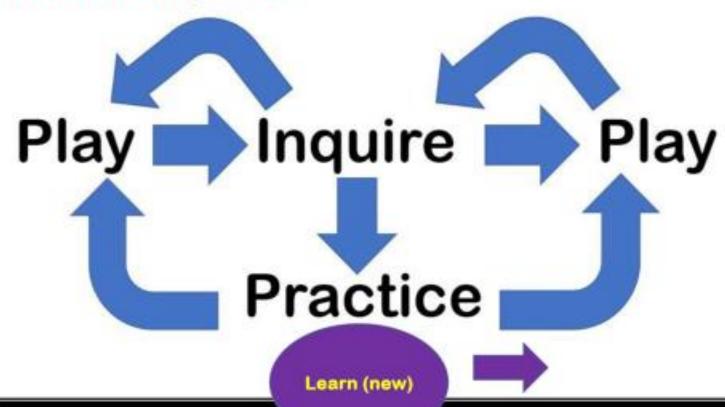
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### Play with Purpose



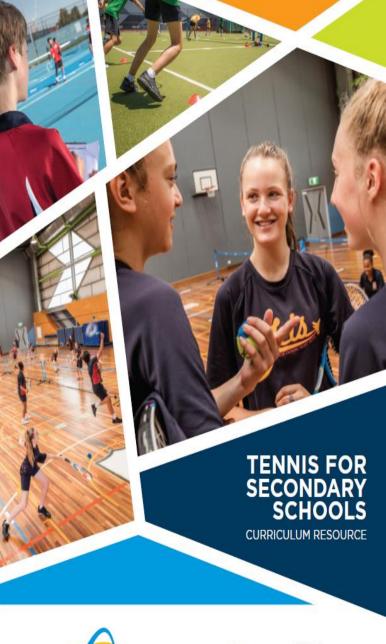
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PE LESSON PL	AN	Teachers Name: Insert		
Date: Insert		Topic: Insert		
Year Level:				
Insert				
Learning Inten	tions:	Performance Standard	ls	
As a result of actively engaging in this lesson students will		Insert performance standards		
Understand (Concepts):     Insert				
• Know (Facts) Insert	:			
• Do (Be able to Insert	o):		· ·	
Safety Considerations:		Consideration for	Equipment requirements:	
		students with special needs or abilities:	Insert	
Insert		Insert		
Time:		matters/Statement of lea	arning Outcome/Connection to previous	
- Min Insert	2,	learning)		
	Insert			
Time:	Main learning Task/s (Task Diagrams/Key question		Diagrams/Key questions/Cues)	
- Min	outline/Progression/Instructions			
Insert	Insert		Insert	
Time:	Conclusion to Tasks (Kov.:doa	s to be summarised /Use	mowork/ Formative/Summative	
- Min Insert	Conclusion to Tasks (Key ideas to be summarised /Homework/ Formative/Summative assessment task)			
	Insert			



#### **LESSON 1**

#### TIME

1 hour

#### TACTICAL CONCEPT

Maintaining a rally

#### LEARNING INTENTION

By the end of this lesson students will:

#### KNOW

Forehand and backhand groundstrokes Cross court and down the line direction What a consistent rally is Respectful behaviour

#### DO

Perform forehand and backhand groundstrokes in a rally

Demonstrate respect for other players before, during and after their game

#### UNDERSTAND

The concepts that contribute to maintaining a consistent rally using groundstrokes

### ASPECTS OF THE ACHIEVEMENT STANDARDS

Demonstrate control and accuracy when performing specialised movement sequences and skills

Apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity

#### CONTENT DESCRIPTION

Practise, apply and transfer movement concepts and strategies with and without equipment (ACPMP082)

Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMP086)

#### **AREA**

A large, safe, flat playing area with the appropriate number of courts (6m x 11m) for the number of students participating

#### **EQUIPMENT**





1 net (6m) per 2 pairs 1 blue tennis ball per pair

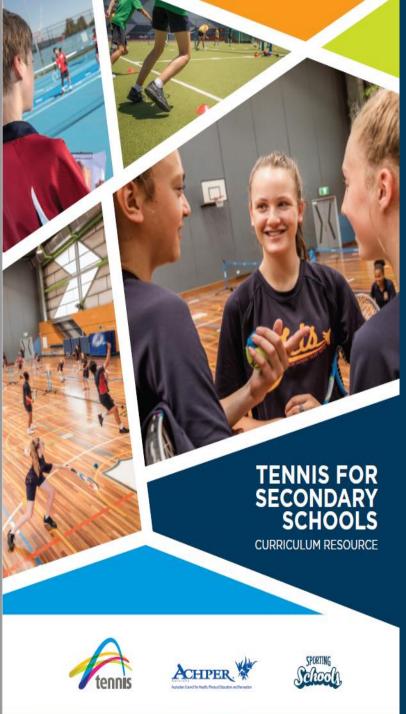


2 racquets per pair 2 drop down lines per pair











Please review the following information as you guide students through this lesson's games:

#### PRE-ASSESSMENT ACTIVITY 'MINUTE PAPER'

Prior to conducting the games, ask students to write down all the knowledge, concepts, ideas and understanding they have about the game of tennis. After producing their 'minute paper', invite students to share their responses. The teacher may write these responses on a whiteboard in the form of a 'mind map' to discuss

#### **FOCUS QUESTIONS**

- How do you perform a forehand and background groundstroke?
  - Assume the ready position
  - Perform a circular backswing, step forward and swing with a low to high action
  - Contact the ball in front and to the side of the body
- What direction can you hit a forehand and backhand groundstroke to?
  - Cross court
  - Down the line
  - Middle/centre
- Why is it important to be able to return the ball in different directions during a rally?
  - Placement is a key principle of play in tennis
  - Creates space on the court to play the next ball into
  - Being able to direct the ball in a cross court or down the line direction allows you to move your opponent around the court to gain a position of advantage

- Why is it important to maintain consistency during a rally?
  - Maintaining consistency allows you to plan your point and decide when to attack and when to defend
  - Being able to return the ball over the net more consistently than your opponent increases your chances of winning the point
  - Maintaining consistency is a tactic that can be used to frustrate and apply pressure to your opponent

#### **AWARENESS TALK**

In tennis, it is expected you treat your opponent with respect. What would you see and hear a player doing before the match, during the match and when they meet at the net at the conclusion of the match that would indicate respect for each other? Why is this important?



#### **GAME 1 COUNT DOWN**

20 MINUTES

#### INSTRUCTION

- Students form pairs and are positioned cross court opposite each other on either side of the playing area with one tennis ball, two racquets and two drop down lines
- Drop down lines are positioned in the middle on either side of the court, dividing the court into two halves
- Student 1 commences the rally by projecting the ball with a drop and hit or neutral overarm serving action cross court to student 2
- · Student 2 tracks the movement of the ball, allowing it to bounce once before returning the ball with a forehand or backhand cross court to student 1
- · The rally continues with students cooperatively returning the ball aiming to achieve as many rallies as possible
- · Students score one point for each ball returned
- · Students alternate serving after each point
- The teacher indicates an appropriate amount of time or a number of points the students are to achieve
- Students must shake hands on completion. of the game and thank each other for the match in a respectful manner

#### SCALED CHALLENGE POINT

- Students play cooperatively with the option of two bounces and trapping or tapping the ball before returning
- Students play competitively with the option of two bounces and trapping or tapping the ball before returning
- Students play competitively starting the point with a neutral overarm serving action, using tiebreaker scoring or using a green ball



#### **GAME 2** STRAIGHT LINES

20 MINUTES

#### INSTRUCTION

- · Students form pairs and are positioned opposite each other on either side of the playing area with one tennis ball, two racquets and two drop down lines
- · Drop down lines are positioned in the middle on either side of the court, dividing the court into two halves
- · Student 1 commences the rally by projecting the ball with a drop and hit or neutral overarm serving action cross court to student 2
- · Student 2 tracks the movement of the ball, allowing it to bounce once before returning the ball with a forehand or backhand down the line to student 1
- · The rally continues with students cooperatively returning the ball aiming to achieve as many rallies as possible
- · Students score one point for each ball returned
- · Students alternate serving after each point
- The teacher indicates an appropriate amount of time or a number of points the students are to achieve
- Students must shake hands on completion of the game and thank each other for the match in a respectful manner
- · Students are challenged to have the courage to keep trying to play the game even If they are unsuccessful at first

#### SCALED CHALLENGE POINT

- Students play cooperatively with the option of two bounces and trapping or tapping the ball before returning
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#### **GAME 3 MOVE IT ALL AROUND**

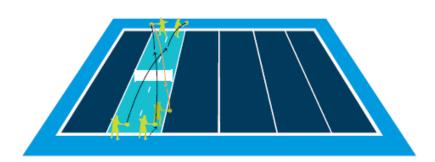
**20 MINUTES** 

#### INSTRUCTION

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- · The rally continues with students cooperatively returning the ball aiming to achieve as many rallies as possible
- Students must alternate hitting a forehand and backhand during the rally
- · Students score one point for each ball returned
- Students alternate serving after each point
- · The teacher Indicates an appropriate amount of time or a number of points the students are to achieve
- · Students must shake hands on completion of the game and thank each other for the match in a respectful manner

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#### **EXPLORE** 4-3-2-1

Reflect on today's lesson and respond to the statements below:

4 things I learnt today
2
5
I
3 questions I have about what we did today
s
2 things I want to explore further
2
thing that challenged me (e.g. my thinking, preconceptions, ability and understanding)

### Play with Purpose: For Fundamental Movement Skills Teaching



A teaching guide for early years and primary teachers for physical education and daily PE

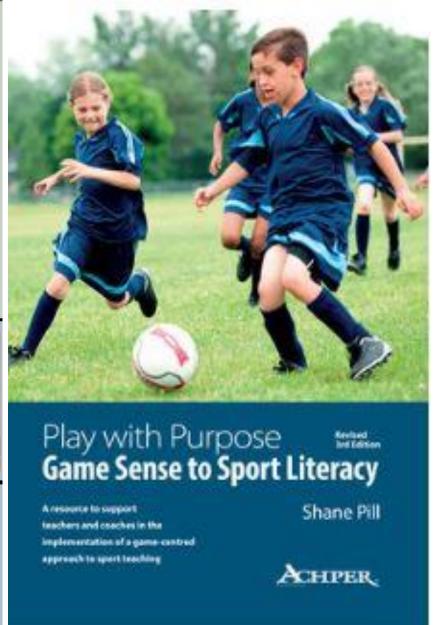






Shane Pill





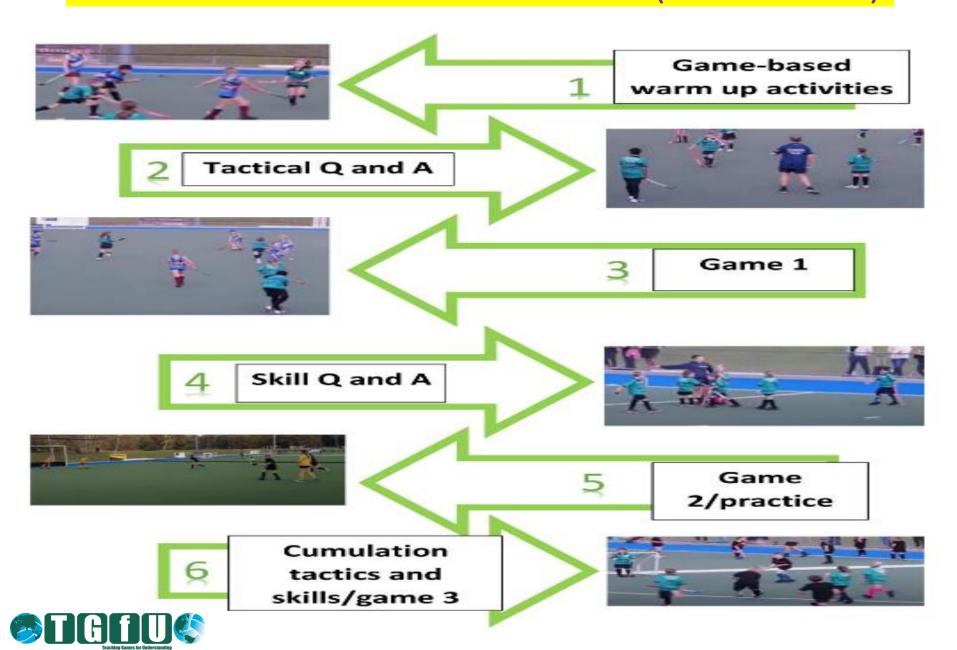






# Lesson Plan Example: Field Hockey

### KEY LESSON STRUCTURE OF GBA (TGfU +TGM)



## Field hockey PE Lesson: (Malaysian school curriculum for lower secondary school)

### **Learning Standard**

- # Able to justify when and where to use dribbling skills or passing skills. [Cognitive]
- # Able to execute execute dribbling skills of loose dribble, close dribble and indian dribble in field hockey game situations. [Psychomotor]
- # Able to demostrate cooperation and responsible while enggaging in the activities. [Afective]



### A unit of field hockey Lesson plan

• Class: Form three Time: 8.00-9.00am

**Topic:** Attacking and defending strategy: dribbling in field hockey

- <u>Learning Objectives</u>
- **1. Cognitive**: Students able to discuss and apply when to pass or dribble during attacking and defending strategy in 3 vs. 3 and 4 vs.4 small sided game play situations
- **2. Psychomotor**: Students able to execute loose dribble, close dribble and Indian ball technically sound at least two trial each in 3vs.3 and 4vs.4 small sided game play situations
- 3. Affective: Students able to cooperate, take responsibility while engaging small sided game play situations
- **Teaching Aids**: Video, Picture with cues
- **Evaluation of T &L**: (Group evaluations)
- 1. **Psychomotor**: Skills execution of three types of field hockey dribbling:
- 2. **Cognitive**: Tactical decision-making whether to pass or dribble,
- 3. **Affective**: Cooperate and taking responsibility



Learning development	Teaching & Learning activities	Organization	Guided Discovery (Q A) & Discussion
Phase 1 Warming up activities (10 min)	Set induction     Dynamic warming     up (roll and tap ball,     stretching)     3. 1 vs.1 game play	1vs1	Q: What is today's learning topic? A: Three types of dribbling Q: Why do dribble the ball A: To control ball, outwit opponents and important for attacking and defending strategy
Phase 2 Tactical application in small side game 1 (10 min)	Small sided game 1 Application when to pass and when to dribble during attacking, and defending strategy	3vs3         3vs3           3vs3         3vs3	Q: How do you attack the opposition goalmouth? A: By passing and dribbling Q: When to you pass and dribble the ball A: When opponents around do the passing and when no opponents around, dribble the ball
Phase 3 Static and dynamic skill drills (13 min)	Skill drills of open, close and Indian dribbles individually and in pairs	XX XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX	Q: How to execute open dribble: A: The ball is tapped ahead. Q: How to execute close dribble: A: The ball stays very close to the stick: How do you execute Indian dribble A: The ball is moved left and right by turning the stick over the ball
Phase 4 Skill application in small sided game play 2 (10 min)	Small sided game play 2. Application open, close, Indian dribble skill with proper technique in 3 vs. 3 game play	3vs3 3vs3 3vs3 3vs3	Q: When do apply open, close and Indian dribble? A: Open dribble: When a player has no opposition close and to move quickly. A: Close dribble, when there are a lot of other players around. A: Indian dribble, this is used to change direction and to elude opposition stick
Phase 5 Cumulation activity game play 3 (7 min)	Small sided game 3 of 4 vs 4,	4vs4         4vs4         4vs4           4vs4         4vs4         4vs4	Assessments (Psychomotor, cognitive and affective) by groups using modified GPAI instruments
Phase 6 Cooling down & reflections (7-10 min)	Static stretching Reflections from students, teacher	X X X X X X X X Students X X X X X X X X X X X X X X X X X X X	Students fill in the assessment forms Summary and reflective discussion

#### GAME OBERVATION INSTRUMENT FOR HOCKEY (Adapted from GPAI)

AGE GROUP:		Team:	Game:
Date:	Evaluator:	,	
Scoring Key			
5: Very effective	performance		
4 500 0	/11 11 1		

4: Effective performance (Usually)

3: Moderately effective performance (Sometimes)

2: Weak performance

1: Very weak performance (Never)

#### Components and Criteria

Skill execution (open dribble, close dribble and Indian dribble).
 Able to execute dribbles with proper technique

Decision making: Making right decision whether to pass or dribble using open, close or Indian dribble).

Key: DM: Decision Making SE: Skill Execution

<u>Team :</u> .....

	Name / Number		SE		DM	
		Open	Close	Indian	pass	drib
1						
2						
3						
4						
5						
6						
7						

Adapted from GPAI with permission Mitchell et al. (2013)



### Affective Domain Assessment for Field hockey

Name of student or group:	
---------------------------	--

Class: Evaluated name:	Team:	Observation date:
------------------------	-------	-------------------

The purpose of this assessment is to keep track of behaviors displayed by students learning tasks and game play.

**Points** 

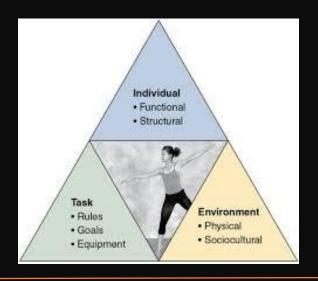
Positive behavior identified 5 4 3 2 1 negative behavior identified

Acceptable behaviors	Unacceptable behaviors
Supports and encourages teammates	Lacks any show of support or encouragement for teammates
Follows all call without argument	Argues or breaks rules regularly
Other	Other
Total	Total

Adapted with permission Mitchell et al. (2013)









Lesson Plan Example: Soccer with Nonlinear Approach Invasion Game 11th Grade

### Main Components of a GBA Lesson plan

- Name of the game
- Tactical problem
- Lesson focus (i.e., tactical focus)
- Learning Objectives (including tactical objective) aligned with Standards
- Teacher goals, Management plan, Equipment needs, & Resources
- Instructional and Activity Tasks: (transition plan between activities)
  - Introduction
  - Game 1: (Modifications, Teaching cues, Questions, & Organization of tasks)
  - Practice task: (Modifications, Teaching cues, Questions, & Organization of tasks)
  - Game 2:(Modifications, Teaching cues, Questions, & Organization of tasks)
- Assessment & Closure



## Soccer Lesson Plan (11th Grade)

- Name of the game: Soccer
- Tactical problem: Maintaining Possession
- Lesson focus (i.e., tactical focus): Providing proper support
- Learning Objectives (including tactical objective) & Standards
  - Psychomotor: "Students will be able to move to the open space where they can effectively receive a pass from a teammate 70% of the playing time." (S2.H5.L1)
  - Cognitive: "Students will be able to explain what triangle support means 2 out of 3 times when it is asked." (S2.H5.L1)
  - Affective: "Students will be able to include all teammates in the group discussion." (S4.H4.L1)
- Teacher goals, Management plan, Equipment needs, &



Instructional and Activity Tasks	Modifications	Teaching Cues and Questions	Organization of Tasks
Introduction (time)			
Transition (time)			
Game 1: (time)			
Transition (time)			
Practice Task (time)			
Transition (time)			
Game 2 (time)			
Transition (time)			
Assessment & Closure (time)			



Instructional and Activity Tasks	Modifications	Teaching Cues and Questions	Organizatio n of Tasks
Introduction			
Transition "when, where, and how"			
Game 1: (Keep away games) Time > 3 v 3 or 4 v 4 > Objective of the game is to keep the ball away from the other team as long as possible by passing the ball among teammate. > 5 passes = 1 point > Max of 3 touches > Cold defense > Possession change: 1) intercept and 2) ball out of the bounce  Freeze the Game 1, bring everyone to one grid, and ask Qs.	> make the grid bigger (easier) or smaller (harder) > Cold (arm's length), warm, and hot (live defense) defense > bigger (easier) or smaller (harder) ball  Individual modifications: > allow more than 3 touches > cold vs warm vs hot defense	Question (Q):  "What is the goal of this game?  Expected Answer (EA):  "Keeping the ball"  Q: "What do you need to do in order to maintain better possession and play this game successfully?"  EA:  "Moving to open space (offensive support)."  "Talking to each other (communication)."  "Controlling the ball and passing the ball with accuracy (skill execution)."	Diagram of the field setting



Instructional and Activity Tasks	Modifications	Teaching Cues and Questions	Organizati on of Tasks
Transition Ask Questions.  "Those answers are all important points to keep the ball as a team" "Today, let's focus on learning more how to support your teammate who has the ball."	While asking questions, "demonstrate" some of the open spaces using the students in the grid, so the visual learners can see the situation.	"When you try to receive the ball, yes, you try to move to the open space."  Q: "What is an open space?"  EA: "where there is no defender."  Q: "Can you be in an open space but behind a defender?"  EA: "No"  Q: "Why not?"  EA: "Because the defender can block the path of the pass."	Bring all students in one grid, and ask questions.



Instructional and Activity Tasks	Modifications	Teaching Cues and Questions	Organization of Task
Practice Task  > 3 v 1 keep away > Square grids > Cold defense > Limit to 3 touches	> Size of the grids > Cold/warm/hot defense > Switch the one defender by time (so everyone does the defense)  Individual modifications: > Unlimited touches > Cold/warm/hot defense	Explain/demonstrate the concept of "triangle support" > When the ball moves to another teammate, the player with red star needs to move to another open space to maintain the triangle shape and support the ball carrier. > The ball carrier should always have at least two options to pass the ball.	= Defender
Transition Summarize the triangle support concept		Q: "how do you support your teammate who has the ball?" <u>EA:</u> "Move to an open space."  Q: "Can you be behind a defender?" <u>EA:</u> "No. We need to show a pathway for a pass"	

Instructional and Activity Tasks	Modifications	Teaching Cues and Questions	Organization of Tasks
Game 2  > Add two goals on Game 1 (so game becomes more directional, closer to an actual game)  > Objective of the game is to score goals.  > Max of 3 touches  > Cold defense  > Position change: 1) intercept and 2) ball out of the bounce	> make the grid bigger (easier) or smaller (harder) > Cold (arm's length), warm, and hot (live defense) defense > bigger (easier) or smaller (harder) ball  Individual modifications: > allow more than 3 touches > cold vs warm vs hot defense	Freeze game play when teacher sees teaching moments, ask questions:  Q: "Are you in a space where no defender?"  Q: "Are you behind a defender? Can you see a pathway to receive a pass?"  Q: "Where is the triangle now?"  If not, ask the student to move where she/he can receive a pass, and back to a live play.  "Can you move to a space where you can make a triangle support and receive the pass?"	Diagram of the field setting
Transition			
Assessment & Closure Psychomotor Cognitive Affective			



# Questions? Comments?







Thank you for listening!

