

## INSTRUCTIONAL PLAN

<b>Extending Tasks &amp; Variations</b> (progression)	<b>Managerial Task System</b> (arrangement of tasks)	<b>Refinements</b> (cues)	<b>Application Tasks</b> (challenges)
<p>1:00 Set induction – Introduce self as Mr Grube. Ask students about dribbling experiences in PE, Rec. league teams, etc. Ask students to tell how to dribble.</p> <p>3:00 Warm up</p> <ul style="list-style-type: none"> <li>• Jog 3 laps</li> <li>• Stretching: (teacher) → calves, quads, hams, groins &amp; low back</li> </ul> <p>7:00 Task 1</p> <p>Dribble a ball in a small area while moving slowly in one direction</p> <p><u>Intrastask variations:</u></p> <ul style="list-style-type: none"> <li>• Stop &amp; start quickly → On command &amp; then on own</li> <li>• Increase speed → As comfortable</li> <li>• Change directions → On command</li> </ul> <p>7:00 Task 2</p> <p>Dribble and pass a ball to a partner while moving slowly in the same direction</p> <p><u>Intrastask variations:</u></p> <ul style="list-style-type: none"> <li>• Increase speed → On command</li> <li>• Change direction → On command &amp; then on own → Dodging cones</li> </ul>	<p>Stop = and...STOP Go = and...GO Equipment spread out along the wall Behavior plan:</p> <ol style="list-style-type: none"> <li>1. warning</li> <li>2. short time out &amp; conference</li> <li>3. 2<sup>nd</sup> time out/report to Coach Smith</li> </ol> <p style="text-align: center;"><b>T</b></p> <p>S S S S S S</p> <p>S S S S S S</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p>S→</p> <p style="text-align: center;"><b>T</b></p> <p>S→ S</p> <p>S→ S</p> <p>S→ S</p> <p style="text-align: center;"><b>T</b></p> <p>S→ S</p> <p>S→ S</p> <p>S→ S</p>	<p>Task 1 Cues</p> <ol style="list-style-type: none"> <li>1. Keep your head up</li> <li>2. Keep the ball close</li> <li>3. Use both the inside and outside of your feet</li> </ol> <p>Task 2 Cues</p> <ol style="list-style-type: none"> <li>1. Make smooth passes off the dribble</li> <li>2. Pass ahead of your partner</li> <li>3. Use both the inside and outside of your feet to pass</li> </ol>	<p>Task 1 Challenges</p> <p>Keep control of ball for 30 seconds</p> <ul style="list-style-type: none"> <li>• Increase time (as necessary)</li> </ul> <p>Task 2 Challenges</p> <p>Avoid the cones while dribbling and passing for 30 seconds</p> <ul style="list-style-type: none"> <li>• Count how many you hit (fewer is better)</li> </ul>

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<p>11:00 Task 3 Dribble and pass a ball to a partner while moving in different directions in a small area</p> <p><u>Intrataask variations:</u></p> <ul style="list-style-type: none"> <li>Increase speed → As comfortable</li> </ul> <p>1:00 Closure Review lesson, preview next class, ask questions about</p>	<pre> S→   S           S       S ←S       ↑                 T   S S→   S           S                 S ←S                         ↓                         S                  T  S S S S S S S S S S S S           </pre>	<p>Task 3 Cues</p> <ol style="list-style-type: none"> <li>Keep your head up</li> <li>Keep the ball close</li> <li>Use both the inside and outside of your feet</li> </ol>	<p>Task 3 Challenges Dribble Knock-out (in a large open area)</p> <ul style="list-style-type: none"> <li>Reduce space (as necessary)</li> </ul>