

## LESSON 3: DEFENSE AND KEEP-AWAY

### Grade-Level Outcomes

#### Primary Outcomes

**Reduces open space by changing size & shape:** Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.8)

**Defensive skills:** Drop-steps in the direction of the pass during player-to-player defense. (S1.M11.8)

#### Embedded Outcome

**Personal responsibility:** Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates. (S4.M1.7)

### Lesson Objectives

The learner will:

- apply the different types of throws in a dynamic environment to complete the pass.
- apply defensive strategies to disrupt or intercept the pass.
- use a drop-step during player-to-player defense.

### Equipment and Materials

- 1 disc for every 2 students
- Appropriate number of grids and size for 3 v 1 and 3 v 2
- Video-recording devices

### Introduction

*Today, we will practice defense, working on reducing open space and drop-stepping into the direction of the pass, and we will continue to improve at throwing and catching in game-like situations. We also will work on throwing, building up to the forehand, and, potentially, the overhand throw.*

## Instructional Task: 3 v 1 Keep-Away

### ■ PRACTICE TASK

In grids of 20 yards or meters, students play keep-away. Students with the disc may not run, and the defender should leave enough room for the student to throw.

A new student becomes defender when the disc hits the ground or is intercepted. If five consecutive catches occur, a new person becomes defender.

Discuss and demonstrate how to pivot in order to help move as the thrower and find the open person.

### Extensions

- Repeat with 3 v 2.
- Repeat with 3 v 3.

### Refinement

Demonstrate and discuss how watching the person throwing lets the defender know where to go so that she can drop-step into the direction of the pass.

### Guiding questions for students:

- As a defender, what can you do to deflect the pass or disrupt the throw?
- What challenges are you experiencing with a defender?

- With only one defender, what strategies are you using to complete passes?
- Are there times when it is difficult to make a throw using only the backhand?

### Extension

After guiding questions, have students practice the task again with the focus on reducing open space and defense-critical features.

**EMBEDDED OUTCOME: S4.M1.7.** During the 3 v 2 activity, students should exhibit responsible social behaviors by cooperating with classmates. Many keep-away games can be difficult for lower-skilled students. Make sure that students demonstrate inclusive behaviors and support classmates as they improve their skills.

### Student Choices/Differentiation

- Different objects may be used, such as a ball.
- Reduce size of grid or number of students.

### What to Look For

- Are students using correct form to throw when defended or hurried?
- Are defending students reducing the open space to deny the catch?

## Instructional Task: Throwing

### ■ PRACTICE TASK

Partners practice the overhand and forehand throws.

#### Forehand

**First:** Practice the grip.

**Second:** Skeleton practice without the disc. (Skeleton practice means practicing the movement pattern without equipment.)

**Third:** Students pass with a partner.

Repeat with overhand throw.

#### Refinement

Make sure that students are using proper weight transfer on throws.

#### Extension

Record students throwing and catching. Partners offer feedback on their skill according to the critical-elements worksheet for assessment.

#### Guiding questions for students:

- How will these throws help during game situations?
- Did anyone have more success after focusing on weight transfer?

### Student Choices/Differentiation

- For students who are still struggling with the backhand, have them practice throwing either to a stationary partner or to their partners on the move.
- For students who are proficient at the forehand throw, have them work on the overhand throw. Have students watch how this is performed and work together to break down the grip, transfer of weight, arm motion, and release. Then, have them practice.

### What to Look For

- Students use proper grip, arm motion, and proper weight transfer (weight back and step forward).
- How many students are working on the forehand or overhand throw?

## Video Analysis

Have students watch and give feedback on other students' performance, looking at the following critical features:

- Grip
- Transfer of weight back and then forward
- Step
- Arm motion
- Release

## Instructional Task: 3 v 2 Keep-Away

### ■ PRACTICE TASK

In grids, students practice throwing, catching, and defending in open space.

Students use any of the three throws learned to provide an advantage based on the positioning of the two students in the middle.

### Guiding questions for students:

- Where do you need to be looking to step in the middle of a pass to break it up?
- In 3 v 2, how can you work together to reduce open space?

### Student Choices/Differentiation

Change grid size to increase or decrease difficulty. The size of the grid also will provide opportunity and challenges for throwing.

### What to Look For

- While students throw, are they applying the critical elements of the throws?
- Are students not in the middle, moving continually to make themselves difficult to cover?
- What are students doing in the middle to intercept the disc or knock it down?

## Formal and Informal Assessments

Using their peer videos, students identify the critical elements performed correctly and offer feedback to their partners.

## Closure

- Discuss with students the three types of throws and why they can be helpful during game situations.
- Provide examples from the 3 v 2 when students reduced open space and deflected passes and what they did that made them successful.
- Ask students what they did to help them be successful.

## Reflection

- Do students understand defensive strategies or are they just using physical abilities in the task?
- What is the skill level of passing and catching after three lessons?
- Are students showing appropriate personal responsibility during the keep-away game?

## Homework

*Read the rules of ultimate by reviewing the school's physical education website.*

*Continue practicing the different types of throws to a moving target and also receiving.*

## Resources

- Baccarini, M., & Booth, T. (2008). *Essential ultimate: Teaching, coaching, and playing*. Champaign, IL: Human Kinetics.
- Dougherty, N.J. (Ed.) (2010). *Physical activity & sport for the secondary school student*. 6th ed. Reston, VA: National Association for Sport and Physical Education.
- Parinella, J., & Zaslow, E. (2004). *Ultimate: Techniques & tactics*. Champaign, IL: Human Kinetics.
- Internet keyword search: "ultimate rules," "help with the rules of ultimate," "overhand throw," "forehand throw"