

Name/Title: Basketball Defense

Purpose of Event: To check the students' understanding of the basic concept of staying closer to the basket than the player you are guarding when you are playing man-defense.

Suggested Grade Level: 6-8

Description of Idea

During the class, teach the students that it is important to be closer to the basket than the player you are guarding. Demonstrate the proper positioning and give the students a chance to practice it in a game situation. Before class is dismissed, give them a few minutes to complete the assessment.

- [Click Here to get the ready-to-print Assessment Sheet](#)

Submitted by **Bob Wright** in Richboro, PA. Thanks for contributing to PE Central! **Posted on PEC: 4/30/2014.**
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