



A Holistic Approach to Tactical and Fundamental Skill Development in Sport



PHE Canada
Physical & Health Education Canada





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Physical and Health Education Canada (PHE Canada) advocates for and advance quality health and physical education opportunities and support the development of learning environments that focus on an inclusive, whole child approach.

We strive for a future wherein all children and youth in Canada are living healthy, physically active lives.



Physical Education Through a Sports Lens

- Schools provide an access point for sports
- Development of basic fundamental movement and sport skills
- Confidence and desire to participate in sport outside of school

“The Canadian school system and the physical education curriculum is the single most concentrated opportunity to introduce children of all ages and backgrounds to the sport.”

- Scott Simmons, former CEO, Golf Canada





Teaching Games for Understanding

An alternative approach that:

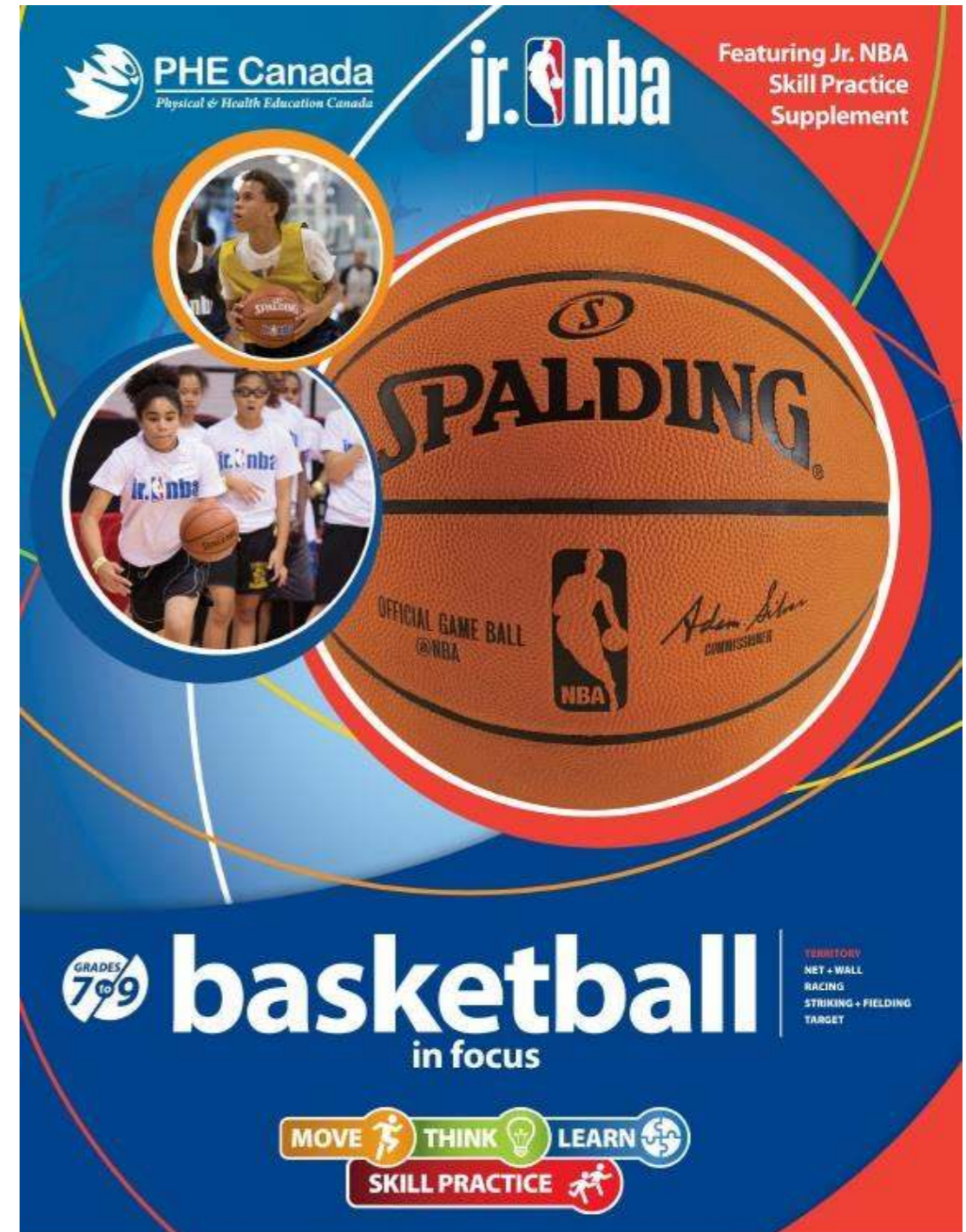
- Develops **physical, affective, cognitive, and social** domains
- Learn through **games** vs. drills
- Engages players in **tactical discussions**
- Develops critical thinking through **problem solving**
- Focus on the **what** and the **why** before the **how**
- **Tactical understanding** before skill development
- Skill development and execution are still important, but after **understanding** for the **particular skill is established**
- Breaks games into **simplest format** and then add complexity
- Every player is involved through **small-sided games**



Move Think Learn

- Physical literacy and Teaching Games for Understanding (modified version)
- FREE and available in English and French
- Sport case study introduces sport history, rules and Canadian athlete highlights
- Promotes acquisition of, strategies, tactics and transferrable skills
- 5 *Move* activities and 2 *Learn* activities each with accompanying *Think* questions

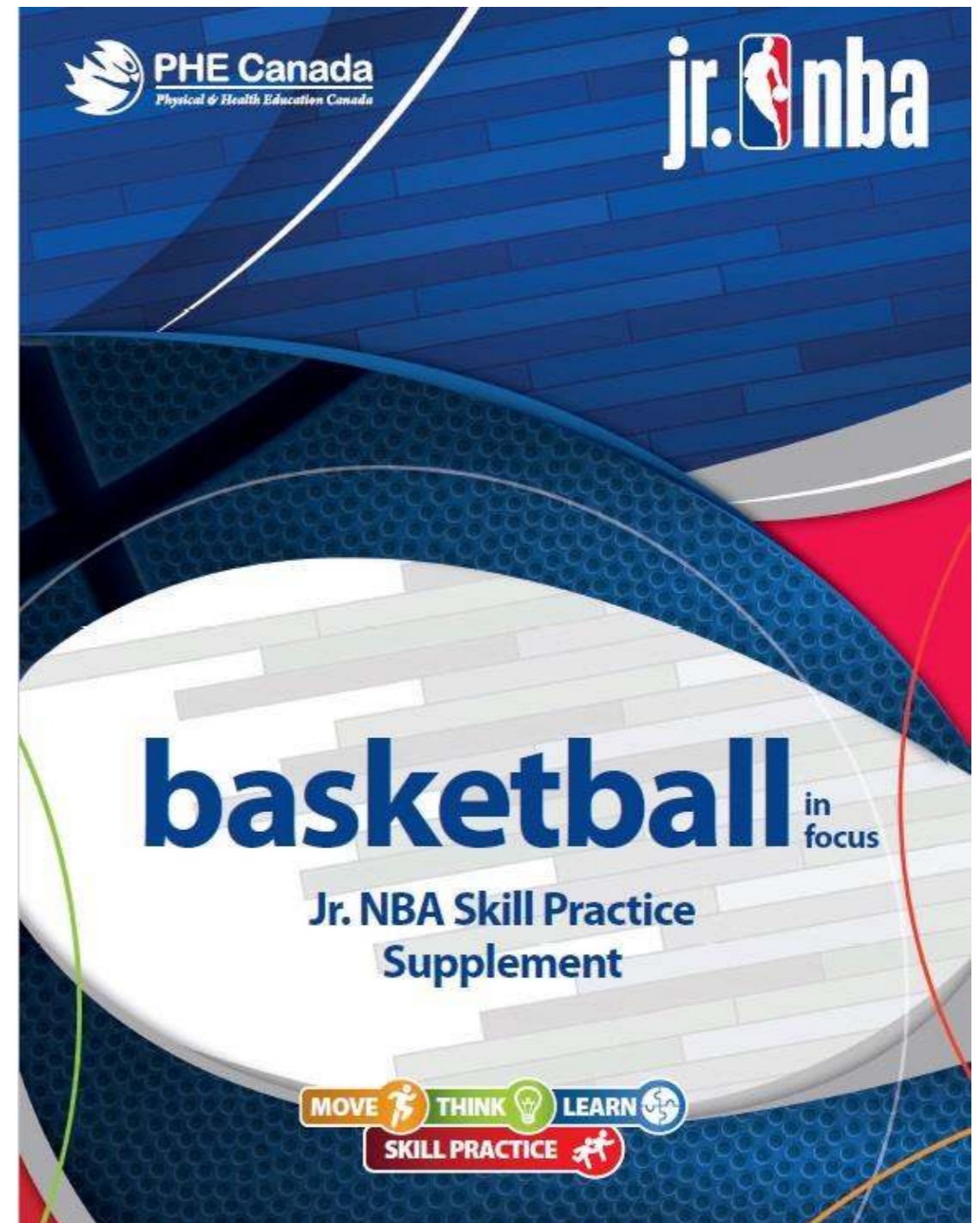
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Jr. NBA Skill Practice Supplement

What's Inside:

- Jr. NBA Overview
- Detailed instructions of how to implement
- Skill practice games – includes equipment list, description, diagram and tactical questions
- Links to Jr. NBA Videos support learning and skill development



Learn more about TGfU at tgfinfo.weebly.com

SKILL PRACTICE: MOVE 4

Closing the Gap

TACTICAL FOCUS:

Defending space, defending on-the-ball

SKILL FOCUS:

Footwork, defensive movement skills

OBJECTIVE:

Participants will identify and apply performance cue language to practice a variety of footwork and defensive movement skills that they will use in the context of a game.

SKILL-FOCUS QUESTIONS FOR PARTICIPANTS:

- › What skills can you use to move quickly to the opponent who has the ball?

- › What should your hands be doing when you are the defender who is challenging the opponent who is in possession of the ball?
- › How should you position your body when you are not the defender who is challenging the ball?

TRANSFERABILITY



The skills used while playing defense are related to the movement patterns of statics (balance), springs and landings, and locomotion. Players can explore how the performance cues for the skills practiced are similar to those for other relevant sport-specific skills. For example:

- › Generating velocity by beginning movement with short, quick steps
- › Extending limbs to enhance stability and support quick changes in body position
- › Using foot plants and pivots to make quick changes in direction of movement

FORMATIVE ASSESSMENT TO SUPPORT PARTICIPANT LEARNING

After observing participants' ability to apply tactical decisions within the context of games play, leaders will choose the best option(s) for format and set-up of skill practice to support the learning needs of all participants. A variety of ideas are provided in the *Supplement How-To* section of the *Introduction* to this resource. The game that follows on the next page can be used to further engage participants in game-related skill practice.

JR. NBA VIDEO RESOURCES TO SUPPORT LEARNING

Increased confidence and competence in skill execution supports participants' ability to apply tactical decisions within the context of games play. Many different effective footwork and defensive movement skills can be used when defending space and defending the ball, including those highlighted in the Jr. NBA resources listed in the table below.

Rookie Level	Starter Level	All-Star Level	MVP Level
<p>FUNDAMENTALS OF SKILL PERFORMANCE:</p> <ul style="list-style-type: none">› Fundamentals of Tracing the Ball <p>ADDITIONAL VIDEO RESOURCES:</p> <ul style="list-style-type: none">› Tracing the Ball Breakdown Drill	<p>FUNDAMENTALS OF SKILL PERFORMANCE:</p> <ul style="list-style-type: none">› Fundamentals of the Closeout <p>ADDITIONAL VIDEO RESOURCES:</p> <ul style="list-style-type: none">› Closeout 1-0n-1 Drill	<p>FUNDAMENTALS OF SKILL PERFORMANCE:</p> <ul style="list-style-type: none">› Fundamentals of Jumping to the Ball› Fundamentals of Denying the Pass <p>ADDITIONAL VIDEO RESOURCES:</p> <ul style="list-style-type: none">› Jump to the Ball Drill› 3-Second Deny Drill	<p>FUNDAMENTALS OF SKILL PERFORMANCE:</p> <ul style="list-style-type: none">› Fundamentals of the Stunt and Recover <p>ADDITIONAL VIDEO RESOURCES:</p> <ul style="list-style-type: none">› Closeout, Slide and Backpedal Drill

[Video Example: Fundamentals of Tracing the Ball](#)

Let's play!

SKILL PRACTICE GAME

Deny, Deny, Deny

PARTICIPANTS:

Groups of 6

EQUIPMENT PER GROUP:

- › 1 basketball
- › 5 flat floor markers (e.g., carpet squares, poly spots)

- › 1 large floor marker (e.g., open gym mat, multiple carpet squares, hoop)
- › 3 pinnies

DESCRIPTION:

- › Divide each group of six into two groups of three: one for offense and the other for defense. One group wears pinnies.
- › All defenders start play with at least one foot in contact with the centre zone.
- › All players on offense start in contact with a different floor marker.
- › Play begins with one defender passing the ball to a member of the offensive group. This defender moves quickly towards the offender with the ball but must maintain an arm's length space between themselves and the player with the ball.
- › The other two defenders determine the best position to move to in trying to deny a pass to one of the offensive players.
- › The group on offense tries to pass the ball within their group without losing possession. Passes must be made within 5 seconds of receiving the ball. After each pass, the player who made the pass must move to an unoccupied floor marker.
- › When a pass is made, a new defender must move towards the player now in possession of the ball and the defender who was challenging the ball must quickly contact the centre zone and then decide where to position themselves anywhere within the playing area, considering the location of the ball, opponents, and group members.
- › The group on offense keeps count of the number of consecutive passes made before losing control of the ball, remembering the highest number achieved.
- › If a defender intercepts or knocks down the ball, play begins again with groups remaining as offense or defense.
- › Play for a time limit. Groups switch roles and can compare number of successful passes.

THINK



TACTICAL QUESTIONS FOR STUDENTS:

- › How do the defenders determine which one of them will apply pressure on the opponent who is in possession of the ball?
- › Why is it important to use short choppy steps when moving to close out an opponent?
- › What stance should you be in when closing out an opponent?
- › When closing out, what should you be doing with your hands?
- › Why should you keep your centre of gravity low when jumping to the ball?
- › What defensive advantage do you gain by extending one arm into the passing lane?
- › How does your body move when you open up and then close again as you try to deny an opponent from receiving a pass?
- › What movements can you make to help out when an opponent is trying to drive (dribble) past one of your defensive group members?

DENY, DENY, DENY SET-UP



SET UP:

- › Use flat floor markers to designate a 5-side polygon playing area with 4 metres between spots. Designate a smaller centre zone (e.g., 1 m by 1 m).

- ⊙ OFFENSIVE PLAYERS
- ⊗ DEFENSIVE PLAYERS
- BASKETBALL
- FLOOR MARKER
- HULA HOOP

A close-up photograph of a red basketball with black lines, resting on a light-colored wooden basketball court floor. The ball is positioned on the left side of the frame, and the floor's grain is visible. The right side of the image is a white overlay containing text.

Tactical Questions

What stance should you be in when closing out an opponent?

When closing out, what should you be doing with your hands?

What defensive advantage do you gain by extending one arm into the passing lane?

What movements can you make to help out when an opponent is trying to drive (dribble) past one of your defensive group members?

Download the resource at
[www.phecanada.ca/resources/
move-think-learn](http://www.phecanada.ca/resources/move-think-learn)

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