

## **John S. Hichwa**

Beauiles Lane  
Redding, Connecticut

Home (203) 938-2860  
Cell (203) 470-1542  
Email [toy1993@sparkpe.org](mailto:toy1993@sparkpe.org)

### **COACHING STUDENTS IN PHYSICAL EDUCATION CLASS**

One of goals of teaching the above skills and concepts to students is to give them the tools necessary to play games on their own, in their neighborhoods, on the playgrounds - without the presence of officials, uniforms, and adult supervision.

**MOVEMENT ACTIVITIES WITHIN THE GRID** \*- two / five people in a grid - - size is determined by the players / teacher.

1. Moving to open spaces - stopping and starting on a signal.
2. Moving in different directions, at different speeds, and using different pathways (curved, straight, zig-zag).
3. Moving and then coming to a "slam stop" (taking off on one foot and landing on two).
4. Moving - coming to a "slam stop" and pivoting on one foot and then the other.
5. Playing tag (one on one) by attempting to touch your partner's side of the knee. This activity gets the players to model the ready or defensive *position*.

Objects such as small cones or mini-space stations can be used to designate the grids.

**ACTIVITIES WITHIN THE GRID USING Manipulatives** - - two people choose an object to throw and catch to each other. Balls could also be passed along the ground to each other. The teacher makes available an assortment of objects; i.e., playground balls, footballs, Frisbees, rubber chickens, spider balls, team handballs, basketballs (all sizes), etc.,

Students begin by going through a series of throwing and catching progressions. They will learn how to:

1. Successfully throw and catch to each other in their own personal spaces. The teacher will demonstrate proper throwing and catching techniques. He will check for understanding by observing and having the students describe the techniques verbally and in writing.
2. Throw to a moving target and catch while on the move.
3. Throw while moving to a stationary target.
4. Throw while on the move to a moving target
5. Pass to a stationary target, move and receive a pass (give and go)
6. Receive a ball after making a "V" cut.

### **MOVING TO AN OPEN SPACE - -**

Three players take their positions in the corners (A-B- C). "C" passes to "A" or to "B" who is moving from his space to the "D" unoccupied one. Passes are to be thrown only to the sides. NO passes are permitted across the grid. Repeat.

Same as above except there is a defender in the grid. As soon as he/she touches the ball, or after 7 passes, he/she replaces the last person in the grid and that person becomes the new defender. When the group is successful with this activity, two defenders can be placed inside the grid. One is on the "ball" and the other attempts to guard the receiver.

### **The Rapid Fire Drill:**

Player A has one ball in his/her hand and one on the ground. She/he passes the first ball to teammate B. Quickly player A picks up the second ball and passes it to Teammate C, as player B passes the first ball back to player A. Player A now passes that ball to player D. As soon as player A lets go of the pass, player C passes his/her ball back to Player A. This pattern continues for a short time. Then, on the signal, everyone move one spot to the left, so that a new student becomes the player in the A spot. The group needs to pass the ball at the correct time, thus making this activity a very cooperative one.

C	D	E
B	A	F

### **Keep Away - WITH FOUR PEOPLE WITHIN THE GRID -**

1. Two students playing one on one within the grid - two students acting as "posts". The goal is for the offensive player #1 to receive a pass from one of the post players outside the end grid line. The two post players collaborate with the offensive player. Player #2 plays defense. Once score is made or the defensive player retrieves the ball, the players switch roles. The post players switch with the players inside the grid often. One minute on offense / defense is a workout!

2. Making the grid larger (have students decide the size of the grid for themselves), play two on two, the object being for player #1 passing to his/her teammate over the end grid line.

### **Keep Away - WITH FIVE PEOPLE WITHIN THE GRID -**

1. Two teams of two play keep-away. The goal is for one team to make 7 passes before the other team intercepts. In the center of the grid stands a "post player". Either team could pass to that player when they are in trouble. The post player must pass the ball back to the team he received the pass from.

### **Debrief!**

Give each group a pencil and paper. Ask one member to be the recorder of information. Have the group attempt to answer the following questions:

- Describe what it means to move to an open space?
- Share some defensive strategies?
- How easy /difficult is it to complete 7 passes? If not, why not?

**Keep Away - WITH SEVEN PEOPLE WITHIN THE GRID - -**

1. Two teams of three playing keep away. The goal is for one team to make 5 passes before the other team intercepts. One rule could be that if player "A" receives a pass from player "B", he/she must pass to player "C". In the center of the grid stands a "post player". Either team could pass to that player when they are in trouble. The post player must pass the ball back to the team he received the pass from.

2. Same as in #1, but remove the post player and play three on three. The post player can become a coach and help the group succeed. He/she can also substitute after a predetermined time limit.

**Debrief!**

- a) How did your team play?
- b) In what areas was the team most successful?
- c) What aspects of team play needs more practice?
- d) Design a drill, which will incorporate those skills!