

Unterrichtseinheit: Basketball: Dribbling (Einführung) - Henner Kaatz

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Thema der Einheit: Basketball (Einführung) Grobziel der Einheit: Die Schülerinnen und Schüler sollen durch verschiedene Übungs- und Spielformen mit den Grundregeln und Grundfertigkeiten des Zielschuss-spieles Basketball vertraut gemacht werden. Durch eine Mischung aus Übungsreihen und Genetischem Lehren und Lernen verbessern die Schüler ihre koordinativen und spielformspezifischen Fähigkeiten und lernen Regeln so zu verändern, dass alle ein positives Spielerlebnis erfahren.

3. Gliederung der Unterrichtseinheit Anzahl der Stunden Thema der Stunde Didaktisch-methodischer Schwerpunkt 1 Passen/Teamspiel Die SuS erfahren durch verschiedene Passspiele, dass man zusammen spielen muss, um erfolgreich zu sein. Die Lehrperson bekommt einen ersten Eindruck über die spielformspezifischen und motorischen Fähigkeiten. 1 Passen und Zielen Anhand von basketball-ähnlichen Spielformen erleben die SuS die Grundform von Basketball. Durch Reflektionen über den komplexen Spielverlauf erkennen die SuS Konflikte in Spielsituationen und lösen diese durch selbst gewählte Regeländerungen 1 Korbwurf und Einführung Dribbling Durch differenzierte Spielformen werden die Schüler mit dem Dribbling vertraut gemacht. Die SuS üben Korbwurf aus unterschiedlichen Positionen und erkennen Bewegungsprobleme. 1 Dribbeln mit einer Hand Die SuS konzentrieren sich darauf, den Ball einhändig entweder mit links oder rechts zu dribbeln. Das Doppeldribbling soll möglichst vermieden werden. Dennoch kann die Regel im komplexen Spiel verändert bzw. vereinfacht werden. 1 Spielen (fast) wie die Profis Die Grundregeln (Schritte, Dribbling, Aus, Foul) werden eingeführt und sollen in vereinfachter Form im Spiel beachtet und angewendet werden.

4. Thema und Grobziel der Stunde Thema der Stunde: Dribbeln mit einer Hand Grobziel der Stunde: Die Schülerinnen und Schüler sollen die elementare Technik des (einhändigen) Dribblings kennen lernen und anwenden, indem sie diese in differenzierten Übungs- und Spielsituationen erproben und reflektieren.

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