Lesson Plan #7—Workforce
Title: Following Instructions
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Introduction:
This lesson provides an opportunity for students to understand how step-by-step instructions written in a clear, concise manner can help us achieve a specific outcome—in this case, making a jump shot in basketball.

Objectives:
In this lesson, students will:
• learn the basics involved in a jumpshot
• develop the perfect shooting form
• develop the perfect shooting release

Session Time:
60 minutes

Materials:
• basketball
• basketball rim

Methods:
lecture, demonstration, discussion
Show players an example of a perfect jumpshot

Procedures:
Tell students:
1) Spread your fingers on the ball
2) bend your knees
3) keep your eyes on the rim
4) keep your shooting elbow straight
5) Release the basketball into the rim

Conclusion:
It is important that players perform these steps because they are critical to performance.

NOTE: This lesson was developed during the New Teacher Orientation Workshop on August 10, 2009 at John A. Logan College.