

**Lesson Plan #7—Workforce**  
**Title: Following Instructions**  
**Designed by: Bernard Brown—SIU-EDC**

**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.***