



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## **Dribbling hands 2.2: Dribble and go**

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** appropriate sized basketballs or soft bouncing balls, music

### **Introduction** (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Where should you be looking when you are dribbling?*

## Warm-up: Cross the line (5 - 6 minutes)

- Each child has a ball and chooses a line on the floor where they will start.
- If there are no lines on the floor, leader can use tape to make lines.
- Leader should remind children of their safe “space bubble”.
- When the music starts, children must dribble around the activity space.
- Every time they cross a line, they must switch the hand they are dribbling with.
- Children can walk or jog and can change directions as they are moving.
- Leader can also set out cones/markers and each time the child passes a marker they must switch hands.

## Demonstration: Dribbling with hands (2 - 3 minutes)

- Leader demonstrates how to dribble with a basketball (size should be age appropriate) or soft bouncy ball.
- Leader should demonstrate dribbling while standing still and dribbling while moving around the activity space.
- Knees should be slightly bent, back should be fairly straight, and head should be looking up (similar to a “sitting” position).
- Fingers are spread out and should touch mostly the top of the ball.
- *Use the soft part of your fingers (finger pads) near the end of your fingers to dribble, not your fingertips.*

## Practice: Dribbling (8 - 10 minutes)

- Children each have a ball and spread out around activity space facing the leader.
- Leader explains that they will call out and demonstrate a challenge, and the children must try to copy the leader’s challenge.
- Suggested challenges:
  - » *Dribbling*
    - \* *Dribble the ball with one hand two or more times in a row.*
    - \* *Dribble with a really high bounce.*
    - \* *Dribble with a really low bounce.*
    - \* *Count the number of times you can dribble without losing control.*
    - \* *Dribble like a basketball player, switching hands back and forth.*
    - \* *Dribble while moving forward, backwards, sideways and diagonal.*
    - \* *Dribble and “high-five” the person next to you.*
    - \* *Dribble in a circle around your body without moving your feet (clockwise and then counterclockwise).*
    - \* *Standing in a forward stride, dribble the ball around your front leg.*

- Leader can ask children to suggest a challenge.

### TIPS FOR INSTRUCTION

- Ask children to practice challenges with both left and right hands.

### CUES

- *Finger pads*
- *Look up*
- *Bend knees*
- *Back straight*
- *Spread fingers out on top of ball*

## Game: Dribble and go (8 - 10 minutes)

- All children have a basketball except for 4 “chasers”.
- Children with a ball are “dribblers” and line-up on one side of the activity space.
- Leader designates a “safe zone” at the other end of the activity space.
- Chasers stand in the middle of the activity space facing dribblers.
- On the signal, dribblers must dribble to the safe zone on the other side of the activity space without losing control of their basketball.
- Chasers try to tag as many dribblers as they can before they reach the safe zone.
- If a dribbler loses control of their ball or is tagged, they put their ball away and become a chaser.
- Play game until only 4 dribblers are left. They will become the chasers for the next game.

## Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

*What did you do to try to keep your ball during the game?*

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