



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

## Dribbling hands 2.1: Musical hoops

5 - 8 year olds

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** appropriate sized basketballs or soft bouncing balls, music, numbers 1 through 6, a die

### 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.

*What sports or games make you dribble a ball with your hands?*

## Warm-up: 6 Corners (5 minutes)

- Leader numbers the corners and two sides of the activity space 1 through 6.
- When the music starts, children must travel in the same direction around the activity space using a specified locomotor pattern (run, hop, gallop, skip).
- When the music stops, children have 5 seconds to get to either a corner or a side.
- When all children are in position, the leader rolls a die.
- If their number comes up, that corner or side comes to the middle of the activity space and does 10 of something (e.g. jumping jacks, burpies, sit-ups, stork balance for 10 seconds, etc.).
- Repeat warm-up choosing a different locomotor movement each time.

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

- Leader demonstrates how to dribble with a basketball (size should be age appropriate) or soft bouncy ball.
- 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 (10 - 12 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:
  - » *Bounce and catch*
    - \* *Bounce the ball once with two hands and catch.*
    - \* *Bounce the ball once with one hand and catch.*
    - \* *Bounce the ball once with the other hand and catch.*
    - \* *Bounce the ball with two hands and catch as you walk forward slowly.*
    - \* *Bounce the ball with one hand and catch as you walk forward slowly.*
  - » *Dribbling*
    - \* *Dribble the ball with one hand two or more times in a row.*
    - \* *Dribble with the other hand, two or more times in a row.*
    - \* *Count the number of times you can dribble without losing control.*
    - \* *Say the letters of the alphabet as your dribble. Can you get to “z”?*
    - \* *Dribble like a basketball player, switching hands back and forth.*

- \* *Look at the leader as you dribble and call out the number of fingers they are holding up.*
  - \* *Start dribbling, then kneel down without stopping dribbling.*
  - \* *Sit down and stand up without stopping dribbling.*
- Leader can ask children to suggest a challenge.

### TIPS FOR INSTRUCTION

- Have children practice dribbling with both hands.
- Dribbling challenges should be practiced two ways: standing in one spot, and moving around the activity space.

### CUES

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

## Game: Musical hoops (10 minutes)

- Leader scatters hoops around activity space.
- Each child has a ball.
- *When the music starts, you must dribble around the activity space without touching the hoops.*
- *When the music stops, dribble to a hoop, place one foot inside of it, and hold on to your basketball.*
- Children can share hoops.
- When the music starts again, children continue to dribble around activity space.
- Leader can remove 1 or 2 hula hoops each time until there are only 1 or 2 hoops remaining.

## Wrap-up (2 minutes)

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

*Why is it important to “look up” when you are dribbling?*

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