



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Dribbling hands 3.1: Dribble and go

8 - 12 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: basketballs or bouncy balls, numbers 1 through 6, 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.

Why is it important to keep your head up while dribbling?

Warm-up: 6 Corner dribbling (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 while dribbling their ball.
- When the music stops, children have 5 seconds to dribble to either a corner or a side.
- When they get to their spot, children stop dribbling and hold their balls.
- When all children are positioned, the leader rolls a die.
- If their number comes up, the children at that corner or side put their balls down, come to the middle of the activity space, and perform 10 of something (e.g. jumping jacks, burpies, sit-ups, stork balance for 10 seconds etc.).
- Repeat activity a few times encouraging children to use both their left and right hands when dribbling.

Demonstration: Dribbling with hands (2 - 3 minutes)

- Leader demonstrates how to dribble a basketball (ball size should be age appropriate) or soft bouncy ball.
- Leader demonstrates how to dribble in one spot and how to dribble while moving around activity space.
 - » *Knees and hips slightly bent.*
 - » *Back fairly straight.*
 - » *Head is looking up.*
 - » *Fingers are spread out and relaxed.*
 - » *Use finger pads near the end of your fingers to dribble, not your fingertips.*
 - » *Ball should bounce at or below waist level.*

Practice: Dribbling (10 - 12 minutes)

- All children have a ball and spread out around activity space facing the leader.
- Leader explains that they will call out and demonstrate a dribbling challenge.
- The children must try to copy the leader's challenge.
- Suggested challenges: (these challenges should be practiced both standing in one spot and moving around the activity space)
 - » *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.*
 - » *Dribble the ball as high/low as you can.*
 - » *Count the number of times you can dribble without losing control.*
 - » *Can you spell your first and last name out loud while dribbling without losing control.*
 - » *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.*
 - * *Dribble with one hand while “high fiving” the person closest to you.*
- Leader can ask children to suggest a challenge.

TIPS FOR INSTRUCTION

- Have children practice dribbling with both hands.

CUES

- *Spread out fingers on top of ball*
- *Finger pads*
- *Look up*
- *Knees and hips bent slightly*
- *Back straight*
- *Ball bounces at or below waist*

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 strategies/skills did you use to keep your ball away from the chasers?

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