



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Dribbling hands 3.2: Cats and dogs

8 - 12 year olds

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: basketballs or bouncy balls

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 ask you to dribble with your hands?

Warm-up: Dribble tag (5 - 8 minutes)

- Leader marks off a large rectangular court.
- Each child has a basketball or bouncy ball.
- Children must keep control while dribbling within the designated area.
- While they dribble, they try to make other players lose control of their ball.
- When a child loses control of their ball, they must leave the playing area and perform a task (e.g. 10 burpees, 10 jumping jacks) and then return to game.

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 should demonstrate with both the right hand and left hand.
 - » *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 (8 - 10 minutes)

- All children have balls 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:
 - » Dribbling
 - * *Dribble with a really high bounce.*
 - * *Dribble with a really low bounce.*
 - * *Count the number of times you can dribble in one spot without losing control.*
 - * *Count the number of times you can dribble while walking (forwards\backwards) without losing control.*
 - * *Dribble like a basketball player, switching hands back and forth.*
 - * *Dribble while jogging 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

- Have children practice dribbling with both their right and left hand.

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: Cats and dogs (10 minutes)

- Leader divides children into two equal teams.
- Teams stand facing each other on either side of a dividing line in the middle of the activity space.
- Every child has a ball and must dribble the ball at all times.
- Each team has a safety zone at the end of their half of the activity space.
- Leader names one team as the “cats” and the other team as the “dogs”.
- *When I shout “cats”, the “cats” must turn and run towards their safety zone while still dribbling.*
- *The dogs, still dribbling, must chase the cats and try to tag them before they reach their safety zone.*
- *If a cat is tagged, they become a dog and join the dog team.*
- *If you lose control of your ball, you must join the opposite team.*
- Line up at centre again and repeat.
- Alternate rounds where cats chase dogs.
- Game ends when all or most of the players are on the same team.
- If it is too difficult for children to dribble while chasing or being chased, children can stop dribbling and hold their ball while chasing or being chased.

Wrap-up (2 minutes)

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

Why is it important to know how to dribble with both your right and left hand?

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