

FLAGHOUSE Lesson Plans

Basketball



Item #11676

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Dribbling Frenzy

Concept Being Taught: Hand dribbling

Purpose of Activity: To reinforce and review the dribbling skills taught in previous class lessons and to have students compare their ability to dribble with different types of balls.

Suggested Grade Level: 1-3

Prerequisites: Students should have received instruction in appropriate cues: use of finger pads, bounce the ball at waist level. Students should also be able to use pathways for avoidance of classmates.

Materials Needed: Six of each of the following: hula-hoops, junior basketballs, soccer balls, basketball-size Nerf balls, vinyl balls, softballs, rag balls, wiffle balls, cones, laminated cue-signs; cassette/CD player and CD.

Description of the Activity:

Before class, arrange six hula-hoops around the perimeter of the playing area (one in each corner and two at the midline). Place the same six pieces of equipment in one of the hula-hoops. Place a traffic cone near each hoop with a laminated sign noting one of the dribbling cues taped on it; this should remind students of the dribbling cues to use.

Review the dribbling cues learned in earlier lessons. Explain to students that they will get to use these cues when dribbling many different types of balls, and you want them to pay attention to how easy/hard it is to dribble each one. After explaining the activity as follows, have the class arrange themselves in a self-space in the playing area.

When the music is playing, the students move safely to any hoop and dribble the ball of their choice around the inside of the playing area until the music is turned off. On this cue, they must replace the ball in the original hoop. When the music again begins, they move to a different hoop to retrieve a different ball to dribble. Repeat this process until the students have gone to six different hoops and dribbled the six types of balls.

Assessment Ideas:

When done, bring students in to ask them questions reflecting on their ability to dribble the different balls: Which ball was easier to dribble? Most difficult? Why? How could you explain how to dribble each ball properly? Discuss possible reasons for what students have observed.

Submitted by Gerry Cernicky who teaches at Allegheny/Hyde Park Elementary in Leechburg, PA

Bean Bag Transfer

Concept Being Taught: Hand dribbling

Purpose of Activity: To have students work on their hand dribbling control.

Cues: Eyes Up; Keep ball at medium level; Finger pads

Materials Needed: Balls that students can successfully bounce, one beanbag for each student, one hoop for every student.

Description of the Activity:

Have students get a ball to dribble, a hoop, and a beanbag. Tell them to find a good self-space in the playing area and then put their beanbags in the

middle of their hoop, which will be on the floor in front of them. On the teacher's signal, the students, while dribbling their ball, go throughout the room picking up one beanbag from hoops and then they are to take them and drop them in the center of hoops that are unoccupied. Each student can only transfer one beanbag at a time.

If they choose to, students can keep score by counting how many successful beanbags they transfer in a given amount of time. Students cannot dribble the ball inside the hoops. Make sure students don't throw the beanbags. They are to drop them into the center of the hoop.

Variations:

Have students use only their favorite hand to dribble.
Have students dribble while switching the beanbag from one hand to the other.

Submitted by Sharon Welch who teaches at Potowmack Elementary School in Sterling, VA

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