



# LESSON #4

\* Music will be needed for this lesson.

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

## Active Warm Up Activity:

*Follow the Leader*

- Choose a player to be the first leader
- Players follow the leader around the gym as leader performs various ball familiarization drills
- On whistle, the leader goes to the end of the line and the next player in line becomes the leader
- Leaders should be encouraged to be creative and use challenging tricks (various types of body circles, toss & catch etc.)
- Make sure that all players have the opportunity to lead the group (if you have a fairly large group, make two groups to play follow the leader)

## Lesson #4 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Confidence (See Coaches Manual – Chapter 9.4)
- **Fundamental Skill:** Dribbling
- **Goal:** Dribbling with control of the ball

## Teaching Points: Dribbling

*Stationary Dribble*

- Start with knees bent and feet shoulder width apart
- Head up and eyes forward
- Feet staggered with one foot slightly ahead of the other
- Ball dribbled with dribble hand slightly ahead of back foot
- Push ball to floor using fingertips, not palm
- Elbow bent, wrist follows through
- As ball returns to hand, repeat the pushing motion
- Protect the ball by keeping the non dribbling hand extended forward, elbow flexed and arm across body between the ball and defensive player

## Activity:

*Introduce Dribbling*

- Players in scatter formation with ball facing the coach
- On whistle, players take one dribble on the spot and then pick up the ball (normal dribble, right hand)
- Repeat one dribble with left hand
- Continue increasing the number of dribbles players take before holding the ball

>> **Load:**

- Stationary Dribble at different height – high, low
- Stationary Dribble – side to side, front to back



*Music Dribbling*

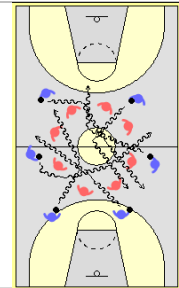
- Players in scatter formation with ball
- Players dribble around the court when music begins
- When music stops, players stop and perform a static dribble on the spot
- When the music starts again players continue to dribble around the court
- Start and stop the music several times
- Repeat, music starts, players dribble high, music stops players dribble low
- Repeat, with the players increasing speed of dribbling
- Repeat, dribble with other hand

*Volcano's and Valley's*

- At your local sports or dollar store, you can get the smaller circular cones, with a hole in the middle.
- Place them randomly in a large circle(s), half looking like Volcanoes and the other flipped on the top small hole for Valleys.
- Each player while dribbling a basketball goes and stands over a Volcano or Valley. When coach says go, as fast as you can, Volcano players go and flip over the Valleys and the Valley players flip over Volcano's.
- When coach says stop, see who has the most Valley's or Volcano's.

*Mouse Trap*

- Divide the group into two separate teams
- One forms a circle that on command can join hands – this group is the mouse trap
- The other players, the mice, each have a ball and are dribbling outside the circle
- The coach tells the players the mouse trap is now open
- The players freely dribble in and out of the circle
- When they enter the circle, they cannot exit through an adjacent spot
- When the coach give the visual signal for the mousetrap to close, the players in the circle join hands trapping any dribblers inside. Keep score of how many players (mice) were trapped



*Shake What your Momma Gave You*

- Put players in evenly balanced lines on the baseline with one ball per group.
- Opposite each line, put a hula hoop at centre court.
- When coach says go, first player dribbles to hula-hoop, puts ball down, swings hula-hoop around their hips (shake it) 5 times, drops the hula-hoop, grabs the ball and dribbles to the end hoop and takes one shot.
- They then dribble back and pass from a certain point to the next person in line.
- Everyone goes until all finished and winning team goes crazy!

**Introduce and Play Modified Game:**

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

**Wrap Up:**

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

**Post Lesson Tasks:**

- Coaches debrief