



# LESSON #3

**FUNDAMENTAL SKILL:** Ball Handling

**LIFE SKILL:** Leadership

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

## Warm Up Activity:

### *Follow the Leader*

- Choose a player to be the first leader
- Players follow the leader around the gym executing various types of dribble and 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 dribbles, change of pace. 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 #3 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss leadership, qualities/characteristics of a leader, how players can be leaders on their team
- **Fundamental Skill:** Ball Handling (Toss/Catch, Ball Familiarization)
- **Goal:** Become comfortable with handling the ball

## Teaching Progression: Ball-Handling

### *Toss and Catch*

Throw ball into air with two hands  
 Extend hands above the head where ball will land  
 Receive ball with two hands  
 Cushion ball on reception and bring it in tight to body at chest or waist level

### *Ball Familiarization*

- \* Keep eyes and head up
- **Hand Slaps:** Hold ball with two hands using fingertips for grip, slap ball back and forth between hands
- **Finger Tipping:** Tap ball between hands with fingertips (Different heights, different distances from body)
- **Funnel:** Continue tapping the ball between fingertips and move the ball down in front of the body and down to the floor and then back up over head
- **Body Circles:** Circle ball around different parts of the body (head, waist, knees, ankles)
- **Full Body Circles:** Circle ball around entire body (moving from head to waist to knees to ankles)

## Activity:

### *Experimental Toss*

- Players in scatter formation with ball
- On whistle, toss ball into the air and receive it
- Repeat, giving specific directions on how to toss ball
- Use different ways to toss ball (high, low, close, far etc.)
- Allow players to experiment after following instructions



*Tossing With Movements*

- Repeat previous drill, adding movements for players while ball is in air
- Movements (clapping hands, 1/4 turn, 1/2 turn, jog on spot)
- >> **Load:**
- When players toss the ball, have them jump and use a two-foot jump stop or stride stop when they catch the ball

*Ball Familiarization (Refer to Coaches Manual p.54)*

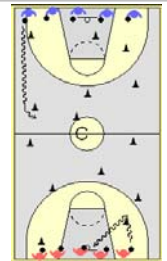
- Players in scatter formation with ball
- Coaches demonstrates ball familiarization progression, players imitate
- Try all of the ball familiarization skills

*Ball Handling Relay*

- Divide players into 2-4 teams and have teams line up on baseline
- Hand Slap ball to other baseline and back
- Tag the next player in line
- Repeat with Finger Tipping to the baseline and back
- Repeat with Body Circles around the waist and knees
- >> **Load:**
- Add pylons so that players must zigzag and change directions
- Focus on keeping eyes and head up

*Memory Chain*

- The group spreads out along the respective baselines; each player has a ball
- The first player must dribble to the pylon and perform a ball handling action (i.e. around the neck, around the waist, etc), and then dribble and score a basket
- The second person must go to the first pylon and repeat what the first player did and then go to a second pylon and perform a new task
- Each successive player must remember what the players in front performed



**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