



LESSON #4

* Music will be needed for this lesson.

FUNDAMENTAL SKILL: Static Dribbling

LIFE SKILL: Goal Setting

	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:

Frozen Dribble Tag

- All players have a ball and spread out around the court
- Choose two players to be "chasers", other players dribble throughout court
- If chasers tag dribbler they become frozen and must do a ball handling drill (i.e. body circles) on spot
- To be "freed" a teammate must dribble a ball between their legs to unfreeze
- Change chasers every minute



Lesson #4 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Discuss why goal setting is important. Set some goals for the practice and for the program
- **Fundamental Skill:** Dribbling (Static, Experimental)
- **Goal:** Dribbling with control of the ball

Teaching Progression: Static Dribbling

Static 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:

Static Dribbling

- Players in scatter formation with ball
- On whistle, players dribble on the spot (normal dribble, right hand)
- Repeat (normal height, left hand)
- Repeat (vary height of dribble)
- Repeat, coach holds up fingers, players shout out number of fingers
- >> **Load:**
- Use 2 balls
- Bounce ball at same time and alternating
- Add figure 8 dribbling and around the leg dribbling
- Add Push-Pull, Half Cross-Over



Follow the Leader

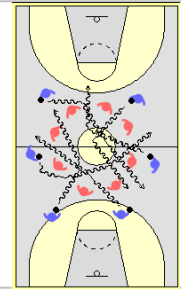
- Players in semi circle formation with ball
- One player demonstrates type of dribble (high, low, fast, slow, alternate hands etc)
- Other players imitate
- Give each player a chance to be the leader

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

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



Dribble Elimination

- Players in scatter formation with ball
- Players attempt to knock away other player's ball while maintaining control of their ball
- Players are eliminated if they lose their dribble or have their ball knocked away
- Restrictions can be placed on the are (full court, half court, 3-point line, key)

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