

**Physical Education Program**  
**Basketball Dribbling**  
**Lesson #1**

**1. Objectives:**

**A. Student:**

1. The student will be able to verbally describe the keys to dribbling with proper footwork and arm extension.
2. The student will be able to demonstrate proper footwork and arm extension for dribbling with both hands stationary and moving.

**B. Teacher:**

1. I want to work with the students in accomplishing their dribbling skills. I plan on doing this with many types of dribbling exercises.

**2. Instant Activity:** "Battle Ball"

Have all the students get a basketball and get in a square. When I say **go** the students will begin dribbling around in general space in the square and try to knock the other students basketball out of the square using only your hands. If your ball gets knocked out of the square, chase the ball down, dribble down to the opposite end of the square and then reenter the game.

**3. Set Induction:**

Today we are going to work on our dribbling skills and hand speed. Do any of you know the correct way to dribble a basketball? Some things we will want to remember are to push the ball downward with your fingers not your palms. Always remember to keep your head up and look where you are going. And keep your dribbling elbow close to your body this way a defender has to get inside of your personal circle to get the ball which could result in to a foul which we will cover later.

**4. Content Development: -- see next page**

**5. Closure:**

I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today.

- What is the proper motion of the body when dribbling a ball?
- Where should your dribbling elbow be?
- What should you do with your eyes and head while dribbling?
- What should your body look like while moving and dribbling?
- Where should your body in relationship to the ball and the defender?

**6. Equipment:**

1. Different types of balls
2. Several Hula Hoop
3. 4 cones

7. **Protocols:**
- Go on the word Go.
  - Stop on the whistle with the ball at your feet.
  - Bring it in means bring it in to the teacher.

8. **Class Rules:**

- Be respectful
- Follow directions
- Respect equipment
- No Gum
- Have fun
  - 1<sup>st</sup> offence- teacher will remind student of rules.
  - 2<sup>nd</sup> offence-Pull student from activity and give student time out.
  - 3<sup>rd</sup> offence-student will be sent to the principal's office, have student write down his/her actions and have parents sign.

## Content Development:

MAF / Instructional technique	Extensions	Refinements	Applications
<b>Informing Task:</b> What I would like for you to do when I say <b>go</b> is to gather up a ball and get into general space inside the cones and begin pushing the ball downward using your fingers. You may use your dominate hand first. You may continue till I say <b>stop</b> . Demonstrate proper standing dribbling motion.	1. Bounce the ball with right hand.  2. Push the ball at a low level  3. Push the ball at a high level	<b>Push</b> the ball towards the ground using <b>finger tips</b>  Keep your <b>knees bent</b> like you are ready to <b>spring</b> into action  Push the ball as if you had <b>mattress</b> hands.	See how many times you can dribble the ball without losing control of it.  Count the times you dribble. See how high you can get and share with a neighbor.  See who can get the highest
<b>Informing Task:</b> Now what I would like for you to do is switch hands. Demonstrate once more	4. Bounce the ball with right hand.  5. Push the ball at a low level  6. Push the ball at a high level	<b>Push</b> the ball towards the ground using <b>finger tips</b>  Push the ball as if you had <b>mattress</b> hands.  Where should you be looking? Focus on keeping your <b>eyes and head up</b> .	Find a spot on the wall and see how many times you can dribble the ball in a row.  See if you can dribble 20 times
<b>Informing Task:</b> What I would like for you to do now is dribble the ball in a crossing patter in front of you. Dribble from left to right hand or right to left hand. Demonstrate proper standing dribbling motion.	7. push the ball towards the ground in a V to your opposite hand  8. If you would like, try speeding up the motion.	Think <b>V</b> as you push the ball <b>softly</b> to the opposite hand.  <b>Push</b> the ball towards the ground using <b>finger tips</b>	Try to make 3 in a row  Now dribble 10 in a row
<b>Informing Task:</b> What I would like for you to do now is dribble the ball while walking inside the cones. Respect others and do not get in the way or bother other students. You may choose which hand to dribble with or use both.	9. Try doing this at a low or high position.  10. push the ball towards the ground with soft finger hands.	Where should you be looking? Focus on keeping your <b>eyes and head up</b> .	Find that spot on the wall and stare at it.  See how long you can go with out losing control of the ball.

	11. Keep your knees bent as you walk	Put some <b>spring</b> into your feet.	Seed your walking up not bumping into anyone. If you loose control slow down.
	12. Keep those elbows in and close to your body.	Try to keep you elbow <b>attached</b> to your sides as you walk and dribble.	See how many students you can count while dribbling and walking.
<b>Informing Task:</b> What I would like for you to do now is dribble the ball while walking inside the cones but this time I want you to work on your cross over. As you are moving around in the coned area, go to a corner or close to another student and do a cross over to the opposite hand and continue on. Remember we are still being respectful of others.			
Demonstrate the movement.	13. I would like to see bent knees	Keep those <b>eyes up</b> and <b>looking around.</b>	See how many people you can cross over to.
	14. Go in to a lower dribble when you get close to someone and do your cross over. Make it harder to steal your ball.	Think <b>V</b> as you push the ball <b>softly</b> to the opposite hand.	Try to go to all the cones twice without loosing control of the ball
			Speed up when you are ready.
<b>Closure/ assessment</b>	I want you to show me what you have learned in today's class. To do this I would like for each of you to demonstrate the skills you have learned today. Then I will ask you a few questions about the ques I have given to you today. <ul style="list-style-type: none"><li>• What is the proper motion of the body when dribbling a ball?</li><li>• Where should your dribbling elbow be?</li><li>• What should you do with your eyes and head while dribbling?</li><li>• What should your body look like while moving and dribbling?</li><li>• Where should your body in relationship to the ball and the defender?</li></ul>		Tomorrow we will be starting with the same exercise and then move into crossing over between the legs and behind the back.