

# LESSON 1 - DRIBBLING

**Intentions:** Ready position, ball familiarisation, awareness of space, passing, marking, intercepting.

## 1 Opening Activity

- F54 Walk about the court/hall passing ball from one hand to the other.
- F2 From ready position pass the ball around the waist, around the head, around the legs, around one leg, through the legs, in a figure of eight.
- F5 Roll the ball around the feet and through the legs, keep control. Move about the court rolling the ball. Change hands.
- F6 Dribble the ball freely on the spot, on the move, changing direction, moving sideways, backwards, create patterns, change hands.
- F59 Dribble and hop on one foot, on the spot, on the move.
- F36 Dribble high, very high, low, very low.



## 2 Skill Learning

- DR1 Start in the ready position, children dribble the ball at the side of the body. Stand still in this practice. After a while change hands. Allow the children to watch the ball to start with, but later on encourage them to look forward. All five fingers should cushion the ball as it comes up. Push the ball down on the floor.
- DR2 Let children slap the ball with the whole hand. This will prove that it is better to use the fingers. The arm is not so active as the fingers and wrist. Return to the correct five finger technique.
- DR3 The dribble should bounce about to the waist. Allow the children to dribble really high and then really low before returning to waist height.
- DR4 Children dribble the ball at the side facing the teacher, then in front, then to the left hand side, then behind the body, changing hands. Use the hands to push the ball backwards and forwards.
- DR5 Children now look ahead while dribbling. They are encouraged not to watch the ball. They look to the right, to the left, look down at feet, look up at ceiling and look behind. Let them try dribbling with their eyes closed.
- DR6 Start with the standing dribble, now walk forwards, change hands but remain in the ready position.
- DR7 Walk up and down the court, look around as you dribble. Let the children choose a spot on the wall and walk towards the spot.



## 3 Game Experience Use the basic 1 v 1 dribble game.

2 v 0 - move the ball towards a goal (cone, line or basket) starting with a dribble and passing to a partner who catches the pass and then dribbles while the passer moves ahead ready to receive the return pass.

3 v 1 or 2 v 1 - introduce the idea of an interceptor. Allow child with the ball to dribble into space. Count passes before an interception.



## 4 Closing Activity

- C2 Gently jog on the spot with the toes only just leaving the ground, make each step lower until neither foot is leaving the ground. Stand still and then join the circle.

PLENARY: PQ1, PQ2, PQ3, PQ4, PQ5 (page 100)

TOP PLAY CARD: Dribble or Smuggle (adapt to use hands)

TOP SPORT CARD: Dribble that space.