

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Basketball	3/4	#1	Basic Dribbling

Equipment

- Basketballs/large balls
- Cones for set up

Learning Objective

- To be able to find & move into spaces
- To be able to manipulate & keep control of the basketball

Success Criteria

- I can identify free spaces
- I can dribble ball close to my body.
- I can move while keeping control of the ball.

Key words

- Space
- Dribble
- Control

Preparation Ideas/Warm Up

Looking for Spaces –

Children will spread out in the area that has been set up. When “go” is signalled, they will jog around the area trying to avoid bumping into others. They should be looking to exploit spaces within the area. If they find the space, they should look to sprint into that area.

Progressions

>Change traveling action to side steps and backwards movements.

>When moving sideways, children should look to move with slightly bent knees, crouched down for a low center of gravity. >When moving backwards, children should be checking their shoulders.

>Same with the first activity (jog), when the children find a space, they should sprint into it.

Skill Development

Ball manipulation:

Each child will receive a basketball and will look to find a space. In this activity, the children must look to keep control of their ball. The children will look to manipulate the ball around their body. This can be done by:

>Moving the ball around their waist – Start by allowing the children to use their body as they move the ball around their waist.

>Figure of 8 – The figure of 8 is performed through the legs. The children should look to move the ball around and through their legs in a figure of 8. Start by allowing the ball to be moved in the figure of 8 whilst on the floor

>Creative section – Allow the children to move the ball around their body in any way – the only aim is

to keep the ball under control at all times

Progression:

- >The ball must not touch their body as they move it around their waist. They should instead look to switch the ball from hand to hand as the ball moves around the waist
- >The ball should be in the air as it travels in the figure of 8 through the legs

Dribbling Part 1:

Children to begin by each having a basketball and dribbling the ball on the spot. Allow the children to have a go at dribbling the way they think is best. It may be high, low or at waist height. It may also be using their fingers or their palms of their hands. Allow this for 30 secs/1 minute. Now allow the children to attempt to use the correct technique on the spot. The aim is to keep the ball as close to you as possible without having to move your feet to retrieve the ball.

Progressions:

- >Can you bounce the ball using only your weaker hand and maintain the same control
- >Can we now bounce the ball from one hand to the other – when doing this, the children should have slightly bent knees and they should move the ball from side to side keeping the ball bouncing

Dribbling Part 2:

Now that the children are comfortable bouncing the ball, they can now start to move the ball around the area. Allow the children to move around the area with the ball. Start off by walking with the ball.

Progressions:

- >Jog whilst keeping control of the ball
- >Move sideways & backwards whilst keeping control of the ball
- >Those who are able to complete all 3 can now look to look for space as they move around the area. When they find a space, can they move into that space and complete a ball manipulation.

Game

Remote Control Game

This game works by thinking of a remote control. The children move around the space and follow the commands of the teacher. The commands are:

- >Play – Children will walk around the area bouncing the ball
- >Rewind – Children will walk backwards whilst bouncing the ball
- >Fast forward – Children will look to jog whilst bouncing the ball
- >Pause – Children will stop and begin to manipulate the ball around their body (around their waist, figure of 8 or being creative)

Progressions:

Add these commands:

- >Change the channel – Children will swap which hand they are bouncing with
- >Volume down – Bounce the ball lower to the ground whilst keeping control
- >Volume up – Begin to bring the ball back up to waist height

Teaching points

- We can only bounce the ball with one hand at a time
- Children to use their fingers to bounce the ball, not their palms. This keeps the ball under more control
- Create a spider web with the fingers to dribble with fingers slightly bent.
- Ensure children keep the ball waist height to dribble, keeping their heads up whilst moving

Key Questions

- Why should we keep the ball close to us whilst dribbling?
- How do we achieve close control when dribbling?
- What part of our hands should we use to bounce the ball?

National curriculum links:

- Using running and dribbling in isolation and combination
- Developing control and technique

Social and environmental skills:

- Developing listening skills
- To be able to follow instructions given
- To gain confidence when developing new skills