

Subject- Year 7 Physical Education

Term 2 Week 1

Lesson	Content Dribbling a basketball
1	<p><u>Week 1</u> Task 1: Dribbling a basketball For this task you will need the following equipment:</p> <ul style="list-style-type: none">• Round ball (basketball or any large ball found at home. If needed you can try with a tennis ball)• Hard surface (driveway or patio)• 6 objects that you can zig zag around (could be shoes, chairs, teddies etc) <p>Task 1.1: Using the following steps practise dribbling the ball standing still</p> <p>Step #1 - Spread and Relax Your Fingers</p> <p>The first step in learning how to dribble a basketball is to relax your fingers and make sure they're spread out evenly on the basketball. Spreading your fingers out increases the surface area and gives the player more control.</p> <p>Step #2 - Use Your Fingertips for Control</p> <p>The basketball SHOULD touch all of the pads on your hand, but it's the fingertips which control the basketball.</p> <p>Step #3 - Get Your Body Down Low</p> <p>All players should be bending their knees and staying low to the ground when they have possession of the ball.</p> <p>Step #4 - Pound the Basketball into the Floor</p> <p>Players need to push the basketball into the ground with force when they're dribbling. Do this by extending the elbow and snapping their wrist at the bottom of the movement.</p> <p>Step #5 - Keep Your Eyes Up to See the Floor</p>

When first learning how to dribble a basketball, it's natural for players to look down at the ball when they're practicing. But, players need to be encourage to raise their eyes up and see the floor.

Task 1.2 Up-and-Back Dribbling

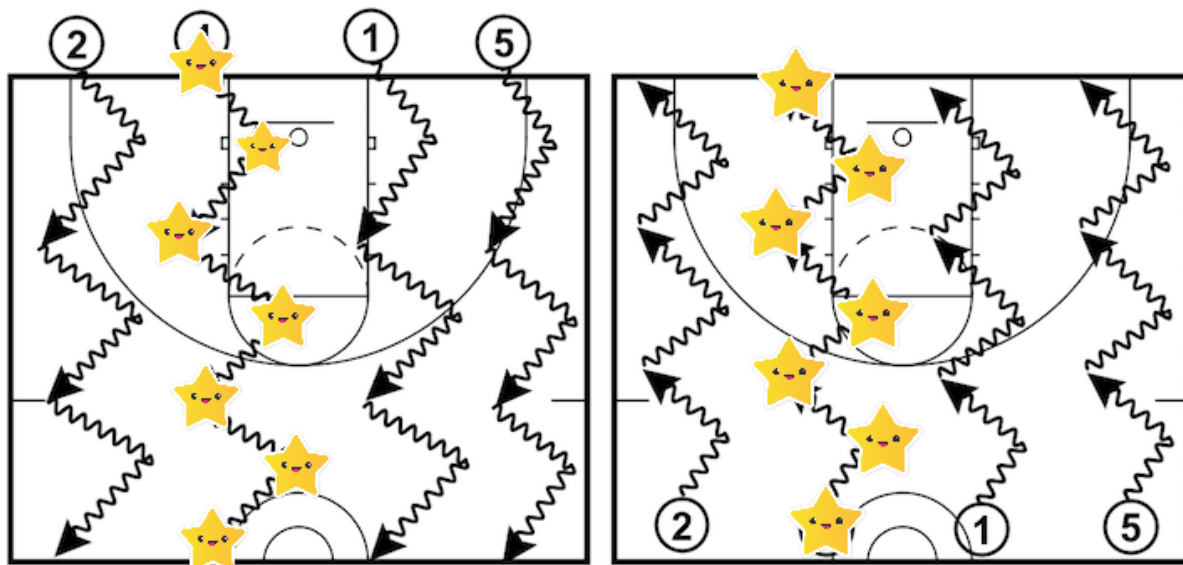
How the Drill Works:

A player dribbles a basketball up and back in a small area performing different dribbling moves. At home, this area could be the driveway.

Purpose:

Learning the basics of how to dribble a basketball. This is a great way to introduce new dribbling movements to players without overwhelming them.

Instructions:



1. Place your 6 objects in a Zig Zag on the ground

2. Get one basketball and line up on the baseline.

3. Dribble the full length of the court practicing a specific dribbling move while trying to keep your head up to see the floor.

4. Each time you get to an end and turn around, switch up the move you're practicing.

Dribble Moves:

Here are a few of the different dribbles:

- Right Hand
- Left Hand
- Crossovers
- Behind the Back
- Through the Legs
- Dribble Low
- Dribble Backwards
- Walking
- Jogging
- Sprinting

Coaching Points:

- Do your best to keep your eyes and head up throughout the drills to see the floor.
- Go slow in the beginning and focus on technique before adding speed.