

# LESSON PLAN: BASKETBALL WEEK 1- Dribbling

LESSON OBJECTIVES: To develop dribbling technique in basketball.

## WARM UP (15 MINS) – DO AS I DO

- Each student is given a ball and their own designated space spread away from other pupils.
- Teacher/TA or a high ability pupil will act as the model and perform different movements whilst bouncing the ball on the spot.
- This could be things such as: bending knees, kneeling down, sitting down, right hand only, left hand only etc.
- All pupils should try and follow the instructions given to them by the 'model'.

## TASK ONE (15 MINS) – ACTIVITY CIRCUIT (5 MINS PER STATION)

### STATION 1: TREASURE GRAB

- Based on challenge competition (resource attached). Aim is to collect as many cones as possible in a set time whilst keeping the ball under control.
- Dribble from own area and collect one cone at a time then return it back to own area.

### STATION 2: CONE DRIBBLE

- Set up a coned area with cones spread out evenly (can be in a straight or curved line).
- Students dribble with the ball around each cone and return to the start.
- Try with weaker hand or alternate hands as they dribble.
- Aim is to make as many complete circuits of the course as possible.

### STATION 3: DRIBBLE RELAYS

- Based on the idea above but now pupils work in pairs/small teams. Ensuring social distancing, once one player from the pair/team returns, the next pupil may go from their area.
- Set up distinct starting areas/cones for each pupil to avoid them getting too close to each other.

## TASK TWO (20 MINS) (ensure that there is a water break beforehand) – NOUGHTS AND CROSSES

- Can be played in teams or 1v1 (if in teams, ensure that waiting pupils are spread out away and distanced from other pupils). Teams start with three cones/bibs to act as markers.
- With a ball, a student must dribble their ball towards the noughts and crosses board (9 hula hoops or cones set out 3x3) and then place the bib/coloured cone in the area to mark their spot.
- First to get three in a row wins. If no winner after all three bibs/cones have been used by a team, the next player can move one of their teams bibs somewhere else on the board.

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

## EQUIPMENT/RESOURCES

- Basketballs (one per pupil)
- Coloured cones
- Hula Hoops (number dependant on group size)
- Basketball hoops/targets

For more competition related lesson plans please visit

<http://valeroyalschoolsport.org/pesupport>

or for challenge activities please visit

<http://valeroyalschoolsport.org/activity-challenges>

## KEYWORDS/PHRASES

- Agility
- Balance
- Control
- Speed
- Head up
- Knees bent
- Push don't slap the ball
- Fingers spread

## Adaption/Challenge/Homework

Harder	Easier
Use weaker hand to dribble	Can use two hands if needed
Alternate hands when dribbling	Only use one hand to dribble
Dribble at running speed	Dribble at walking speed



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# LESSON PLAN: BASKETBALL WEEK 2- Passing & Shooting

LESSON OBJECTIVES: To develop passing and shooting technique in basketball.

## WARM UP (15 MINS) – SIMON SAYS

- Place several cones spread away from each other with each pupil stood behind the cone facing the teacher.
- The teacher gives different instructions based on the traditional ‘Simon Says’ game. After a short period, introduce a ball and complete the game with pupils bouncing a ball at the same time (this will be difficult if being completed with a full group but in smaller bubbles should work very well).
- If students miss an instruction or complete one that hasn’t been preceded with ‘Simon Says...’ they are to complete a extra physical movement (start jumps, tuck jumps, etc.).

## TASK ONE (15 MINS) – ACTIVITY CIRCUIT (5 MINS PER STATION)

### STATION 1: SHOOTING HOOPS

- Standing 1m from hoop/target on wall. Aim to try and score as many baskets/points in a set time period (vary distances for added challenge).
- Aim for personal best (try to beat previous score).

### STATION 2: WALL BALL TOSS

- Each student has a ball and stood 1m away from a wall (mark with cones), Aim is to make as many successful passes against the wall and catch the rebound in a set time..

### STATION 3: THROW-CATCH

- Each student given a ball each. Must practice throwing the ball into the air and catching it.
- Can make it harder by clapping before catching the ball (increase number of claps).
- Then develop by bouncing on the floor and then catching the ball as it rises.
- Can include clapping once again for added difficulty.

## TASK TWO (20 MINS) (ensure that there is a water break beforehand) – BASKET GOLF

- Each student within the group is given their own ball and a cone.
- Pupils spread the cones at various points around the basket (ideally some slightly closer than others to increase likelihood of success). If there are no baskets, aim for a target on the wall.
- Each cone acts as a ‘hole’. Each ‘hole’ is then given a par by the student or teacher. This means the number of shots that a pupil should aim for per ‘hole’.
- **Example:** If a par 3 and student scores a basket in 1 shot, they score 1 point. The person with the **lowest** score at the end of the round wins (pupils then rearrange cones again, re-score each hole and play again).

## COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different body parts.

## EQUIPMENT/RESOURCES

- Basketballs (one per pupil)
- Beanbags
- Coloured cones
- Basketball hoops/targets

For more competition related lesson plans please visit <http://valeroyschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyschoolsport.org/activity-challenges>

## KEYWORDS/PHRASES

- Agility
- Balance
- Control
- Speed
- Head up
- Knees bent
- Fingers spread
- Wide elbows
- **BEEF:**
  - ✓ Bend knees
  - ✓ High elbow
  - ✓ Eyes on basket/target
  - ✓ Follow through shot

Adaption/Challenge/Homework	
Harder	Easier
Increase distance from target	Decrease distance from target
Catch rebounds with one hand	Catch rebounds with two hands
Decrease ‘par per hole’	Increase ‘par per hole’
Increase number of claps (T1)	Decrease number of claps (T1)

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