

DRIBBLING

PURPOSE

This lesson will focus on the skill of dribbling. It presents the control and speed dribbling skills.

SKILL CUES

Dribbling

1. Flex at the knees.
2. Keep weight on the balls of the feet in the forward stride position.
3. Bend forward at the waist to be in a crouch position.
4. Keep head up-don't look at the ball.
5. Keep wrist limp and cup hand slightly.
6. Dribble with the finger pads, not the palm.
7. Never bounce the ball higher than the waist.
8. Use the non-dribbling arm and hand to protect yourself from defenders while dribbling.

Speed Dribbling

1. Push the ball forward out in front of the body by the arm and wrist.
2. Push the ball farther out in front of the body the faster you run.
3. Keep the body in an upright position, leaning slightly forward with the upper torso.

ACTIVITIES (30-40 MINUTES)

1. Present the eight skill cues for dribbling. Explain that dribbling is the only way a player can independently move the ball down the court. (3-5 minutes)
2. Each student, dribbling in his or her own self-space, should work on controlling the ball. Have students use both hands and close their eyes in learning to control the ball. Make sure they realize that the lower the dribble, the more control they will have. Require students to dribble with their right hand, then left, then alternating while crouching down. (3-5 minutes)
3. Each student should dribble in a restricted space while changing speeds, types of dribble, dribbling hands, and directions. Vary the size of the restricted area. (5-7 minutes)
4. Present the three skill cues for speed dribbling. Have students practice speed dribbling the length of the court, encouraging them to progressively run faster while maintaining control of the ball. (5-7 minutes)
5. Group the class into partners and have one dribble and one be a passive defender. Require the dribbler to dribble the length of the court being guarded by a backpedaling passive defender (who does not steal the ball). Have students go up and down the court, then switch roles. (7-8 minutes)
6. Play Hit Away. Give each student a ball and restrict the space they can dribble- usually one third of the court or smaller-with cones. While dribbling, players attempt to knock other players' basketballs away from them. If a player's basketball is knocked outside the restricted area (the cone boundaries) she or he is eliminated from the game and must go to the other half of the court and practice dribbling. The game continues until there is only one dribbler left in the restricted area. The teacher may reduce the size of the area as the game progresses. (7- 8 minutes)

CLOSURE (3-5 MINUTES)

Review and discuss with students the content of the lesson. Use the following ideas to reinforce learning, check understanding, and give feedback.

1. Ask students to explain how to protect the ball from a defender.
2. Discuss with students the importance of keeping the head up while dribbling, especially why it was important in the last lesson activity.



Dribbling position