

WK 1

ACTIVITY 1

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines and Baselines)

TEACHING POINTS

1. Remind students to be safe, and allow time to talk about what safety looks like to them.
2. Remind students this is a warm up so start with jogging, not sprinting.

WARMUP

LINE GAMES: SIDELINE & BASELINE

INSTRUCTIONS

Instructions:

1. Show students where to find the sidelines and baselines of the basketball court are located.
2. Have students pick a sideline or baseline to start on.
3. Tell students they must always have one foot on the line.
4. Tell students you will call out the name of a line and they must jog to that line. If students are already on the line, they must jog to the opposite side.
5. Tell students to high-five teammates as they jog to the various lines.

Progressions:

1. Have students do various movements between the lines (e.g. skipping, high knees, backpedal, defensive drop step, side to side).
2. Add a time countdown to see how many lines they can touch in that time.
3. Have students pair up and have one call out lines as their partner runs; switch roles.
4. Add dribbling.

Middle School Progression:

1. Players stand in defensive stance while dribbling (1 foot on either side of baseline).
2. Using 1 hand dribble ball back and forth over line.
3. When "switch" is called students change hands and continue to dribble over line On Sideline.
4. Students face line (stand 1 step behind sideline).
5. With one hand students dribble back and forth over line.
6. When "switch" is called students change hands.



WK 1

ACTIVITY 1

EQUIPMENT & SET UP

Equipment:

1. 30 cones of various colors
2. Basketball for each player

Set-Up:

1. Scatter the cones around half the court.
2. Using a grouping strategy, divide your players into two teams. One team is the "tippers". The second team is the "pickup crew".
3. Place crew in pinnies

TEACHING POINTS

1. Use fingertips when dribbling.
2. Keep knees bent.
3. Keep head up so students don't run into anyone.

ACTIVITY

DRIBBLE TIP OVER

INSTRUCTIONS

Instructions:

1. Instruct the players that everyone will be dribbling their ball in the half court.
2. Tell the Tipplers to dribble in the half court and tip over as many cones as they can.
3. Tell the Pickup Crew, at the same time, they will dribble in the half court and pick the knocked over cones back up.
4. The cones will be constantly being tipped and picked back up. Continue the game for 2-3 minutes.

Progressions:

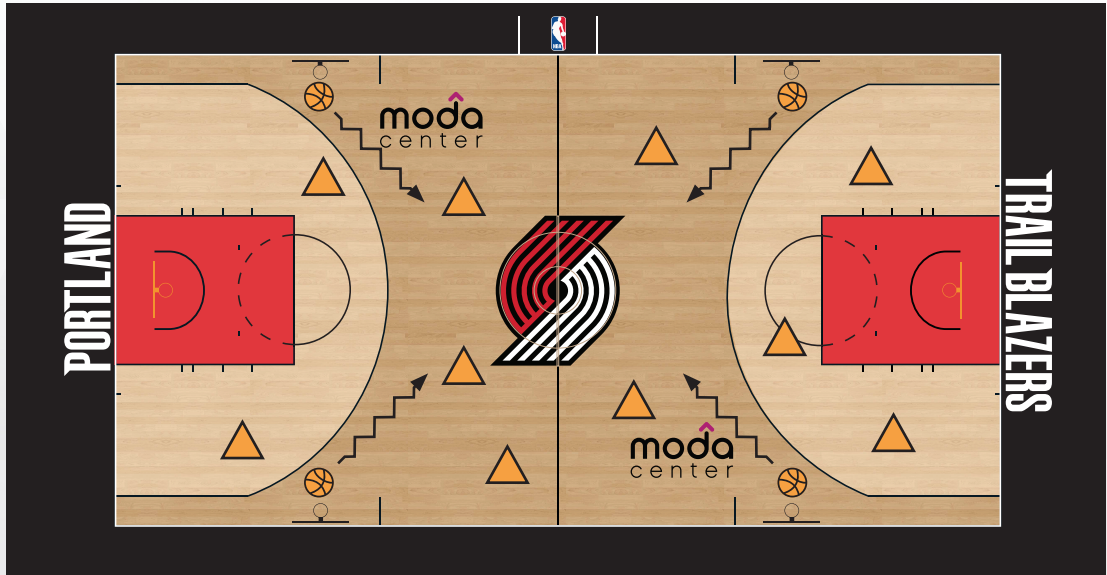
1. At the sound of a whistle have dribblers switch roles between tippers and pick up crew. Alternate the time between whistle blows.
2. Include cones of different colors with the assignment of tipping or picking up 5 yellow, 5 orange, 5 blue in the assigned time.
3. Make up different color patterns of cones to tip or pick up in the assigned time (e.g. must pick up or tip in the following order: blue cone, red cone, yellow cone, orange cone). Ask players to make up a combination of colors.
4. Have dribblers pair up and add their score together of cones tipped or picked up.
5. To add competition, at the end of set time the team with the most cones in their position wins the game.
*If you do not have colored cones, place a letter or symbol on different cones.







Middle School Progression:

1. Players need to dribble over or around the cone before they can tip it over.
2. Players can play defense around the cone.



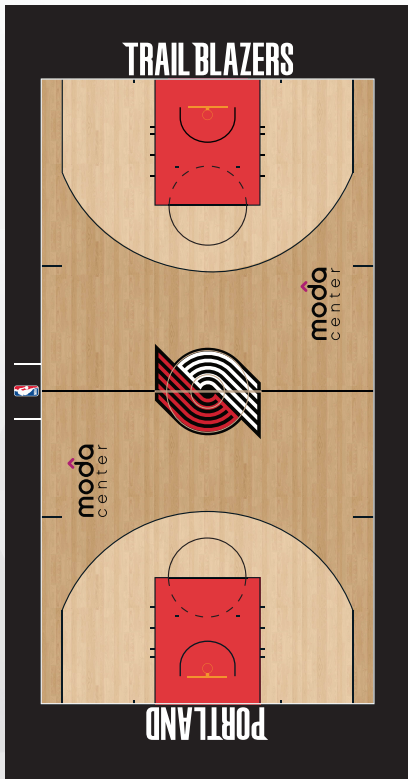
WK 1 ACTIVITY 1



KEY	
 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 1 ACTIVITY 1



Notes: _____



WK 1 ACTIVITY 2

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines, Baselines, Three Point Line and Half Court)

TEACHING POINTS

1. Continue to have students high-five, high-ten and fist bump each other to build teamwork.
2. Remind students to keep their heads up!

WARMUP

LINE GAMES: 3 PT LINE & HALF COURT

INSTRUCTIONS

Instructions:

1. Tell the students this activity adds onto Line Games: Sideline and Baseline.
2. Tell students you are adding two more lines, Three Point line and Half Court. Show students these new lines.
3. Tell students you will call out either Three Point line, Sideline, Baseline, or Half Court.
4. Students jog to the line that is called out, if they are already on that line, they must jog to the opposite side.
5. Have students high-ten, fist bump as they jog to opposite side.
6. Remind students they need to have ONE foot on the line.

Progressions:

1. Have students do various movements between the lines (e.g. skipping, high knees, backpedal, defensive drop step, side to side).
2. Number or name the lines. Have students make up names.
3. Add a time countdown to see how many lines they can touch in that time.
4. Have students pair up and have one call out lines as their partner runs; switch roles.
5. Add dribbling.
6. Pair up and add different types of passing.

Middle School Progression:

1. Add movements to add as students run through lines (without a ball only).
 - Baseline: imaginary layups.
 - Sidelines: Jump stop into triple threat.
 - Half Court: slap line and get into defensive stance.
 - 3 pt line: imaginary jump shot.



WK 1**ACTIVITY 2****ACTIVITY****LINE BASKETBALL****EQUIPMENT & SET UP****Equipment:**

1. 10 basketballs

Set-Up:

1. Using a grouping strategy divide the class into two equal teams.
2. Have each team line up on opposite baselines, facing center court.
3. Assign each player on each team a number so they have a matching number on the opposite team (e.g. Team A and Team B each have students numbered 1-8).
4. Place two basketballs on the half court spaced a few feet apart.

TEACHING POINTS

1. Hold ball at chest level with both hands.
2. Knees slightly bent.
3. One leg steps forward towards target.
4. Arms finish extended with thumbs pointed in and down.
5. Encourage teammates to cheer each other on

INSTRUCTIONS**Instructions:**

1. Teacher use a grouping strategy to separate students into (4) equal teams.
2. The teacher/coach calls out a number.
3. The student on each team whose number is called runs to the center, retrieves a basketball and dribbles back to their team.
4. When the student gets to their teammates on the baseline they chest pass once with each teammate, moving down the baseline.
5. Once the student has completed one chest pass with each teammate they try to make a basket any way they like.
6. Give the students a 10 second time limit once they start shooting to score.

Progressions:

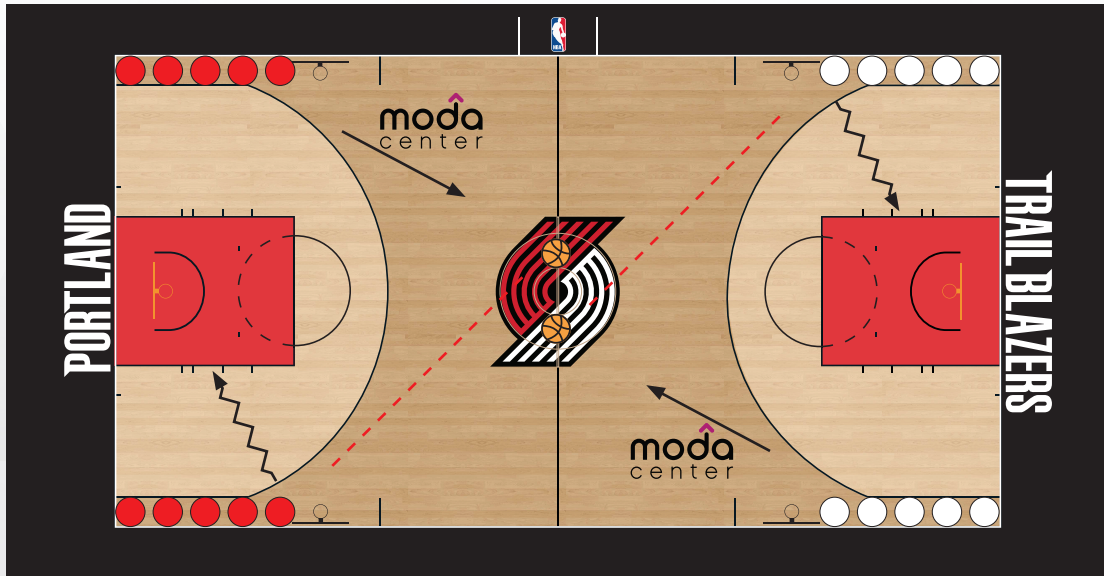
1. Change the type of pass to teammates.
2. Limit the type of shot the student is allowed to take (e.g. lay up, top of key, three point shot).
3. Give a point only to the team of the first student to score a basket.
4. Have players line up along the key instead of baseline.
5. Increase the number of basketballs in the middle and call out additional numbers to limit long waits.
6. Once player retrieves their ball, four teammates run out from baseline onto court. The player must pass to every teammate before taking their shot. Have teammates move into various positions as they pass.







Middle School Progression:

1. Teacher/Coach calls out two numbers.
2. The 1st # = offense (goes through line passing and shot) 2nd # = defense (the 2nd number does not move to play defense until the 1st number passes to the last person in line and begins to drive in for a layup).



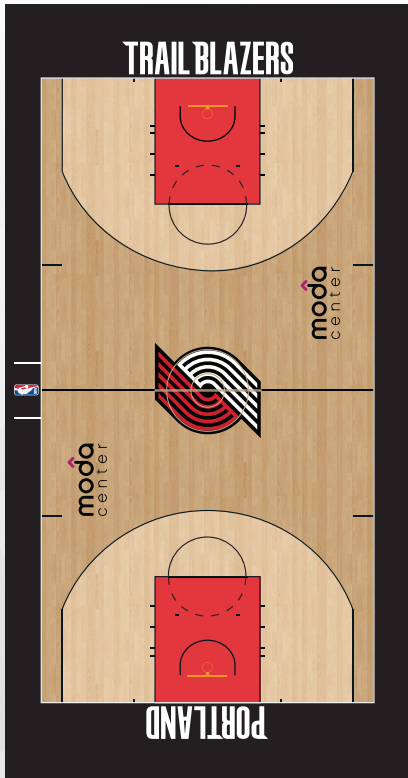
WK 1 ACTIVITY 2



KEY			
	Basketball		Child dribbles ball
	Players on each team		Child passes to each teammate
	Child runs		Child shoots ball from outside the key



WK 1 ACTIVITY 2



Notes: _____



WK 1 ACTIVITY 3

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines, Baselines, Three Point Line, Half Court, Free Throw Line and The Key)

TEACHING POINTS

1. Remind students to build up their speed, not sprinting from the beginning.
2. Take time to stretch.

WARMUP

LINE GAMES: FREE THROW LINE & THE KEY

INSTRUCTIONS

Instructions:

1. Tell the students this activity adds onto Line Games: Three Point and Half Court.
2. Tell students you are adding two more lines, Free Throw line and The Key. Show students these new lines/areas.
3. Tell students you will call out either Three Point line, Sideline, Baseline, Half Court, Free Throw line or The Key.
4. Students jog to the line that is called out, if they are already on that line, they must jog to the opposite side.
5. Have students high-ten, fist bump as they jog to opposite side.
6. Remind students they need to have ONE foot on the line. If students go to The Key they must have one foot inside The Key.

Progressions:

1. Have students do various movements between the lines (e.g. skipping, high knees, backpedal, defensive drop step, side to side).
2. Number or name the lines. Have students make up names.
3. Add a time countdown to see how many lines they can touch in that time.
4. Have students pair up and have one call out lines as their partner runs; switch roles.
5. Add dribbling.

Middle School Progression:

1. Add movements to add as students run through lines (without a ball only).
 - Half Court: slap line and get into defensive stance.
 - Free throw line: imaginary shot.
 - Key: jump for rebound and yell "gimme that".
 - Add dribble.



WK 1 ACTIVITY 3

EQUIPMENT & SET UP

Equipment:

1. One basketball for every two students

Set-Up:

1. Using a grouping strategy pair students up.
2. Give each pair one basketball.
3. Use the six baskets in the gym.
4. Have a pair line up at the free throw line of each basket, one is the "shooter" the other is the "rebounder".
5. Establish a clockwise or counter-clockwise rotation.

TEACHING POINTS

1. Feet shoulder width apart and pointing towards basket.
2. Elbow makes an "L" shape.
3. Shooting hand forms a platform under the ball.
4. Non-Shooting hand stabilizes ball on the side.
5. Follow through toward target.

ACTIVITY

LAY-UP FUNKY DANCE

INSTRUCTIONS

Instructions:

1. Tell students when you say "GO" the shooter takes a layup.
2. The rebounder rebounds the ball and passes it back to the shooter, who has moved clockwise to the next basket. The rebounder follows.
3. Tell students when you call out "switch" the shooter and rebounder switch roles.

Progressions:

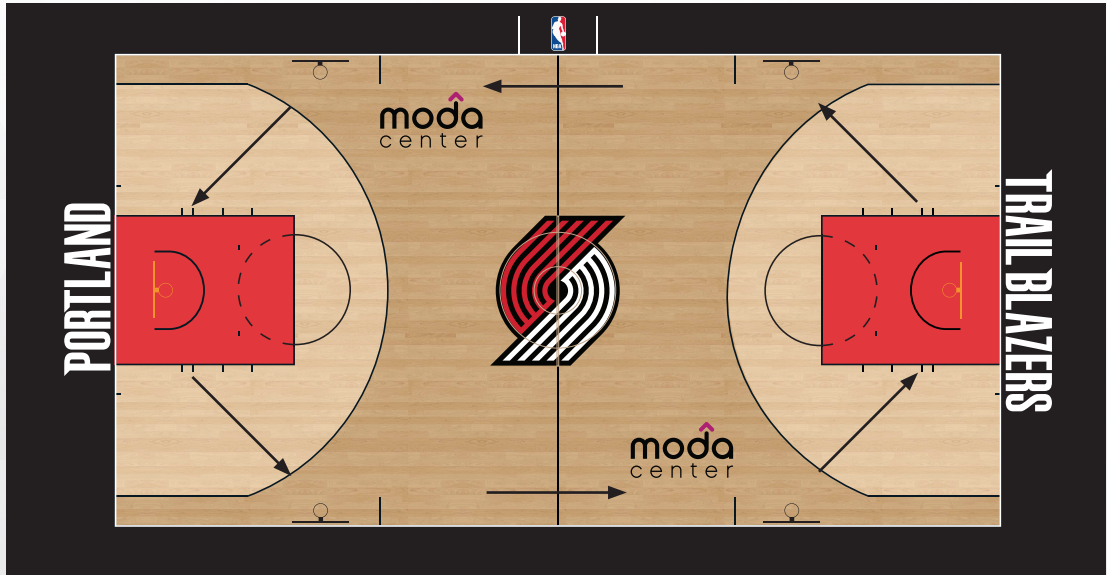
1. Play for a limited time and have shooters keep score. Then switch roles and keep score again.
2. Call out "reverse" which switches the direction from clockwise to counterclockwise.
3. Play as two teams and keep score.
4. Have the rebounder play defense on the shooter.

Middle School Progression:







1. Do weak hand lay-ups only.



WK 1 ACTIVITY 3

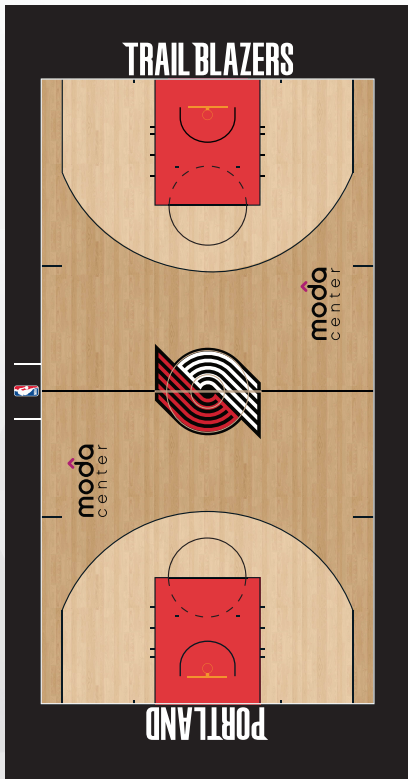


KEY

 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 1 ACTIVITY 3



Notes: _____



WK 2 ACTIVITY 4

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines, Baselines, Three Point Line Half Court, Free Throw Line and The Key)

TEACHING POINTS

1. Teacher should be the tagger if you have students who are struggling with self-regulation or making inappropriate contact.
2. Taggers can either be on the line or can stay off the line.

WARMUP

LINE TAG: NO JUMPING LINES

INSTRUCTIONS

Instructions:

1. Have students go to a line on the court.
2. They must have BOTH feet on the line.
3. When the teacher says "GO" students must travel along the line and try not to get tagged. They must continue to keep both feet on the line they have selected.
4. If a student gets tagged, they must step off the line and do 10 figure 8 dribbles between their legs. Then they can return back to the line and resume play.

Progressions:

1. Have students be the taggers.
2. Limit the number of lines so it's more difficult to avoid being tagged.
3. Have students dribble while avoiding the tag.

Middle School Progression:

1. When student is tagged, they must stay on the line and do figure 8s without dribbles.
2. Students who are still dribbling on the line may not go past students doing the figure 8 until they are done instead they must make a dribble move to change direction and find a new route.



WK 2 ACTIVITY 4

EQUIPMENT & SET UP

Equipment:

1. One basketball for each student.

Set-Up:

1. Have every student line up on the same baseline with their basketball.

TEACHING POINTS

1. Use fingertips when dribbling.
2. Keep knees bent.
3. Keep head up so students don't run into anyone.

ACTIVITY

RED LIGHT, GREEN LIGHT

INSTRUCTIONS

Instructions:

1. Every student needs a basketball.
2. Tell the students you will call out either "green light" or "red light".
3. Tell students "green light" = dribble your ball forwards.
4. Tell students "red light" = stop moving forwards and stop dribbling.
5. Provide a demonstration to the students.
6. Tell the students if they don't stop or lose control of their ball they must move back to the baseline.

Progressions:

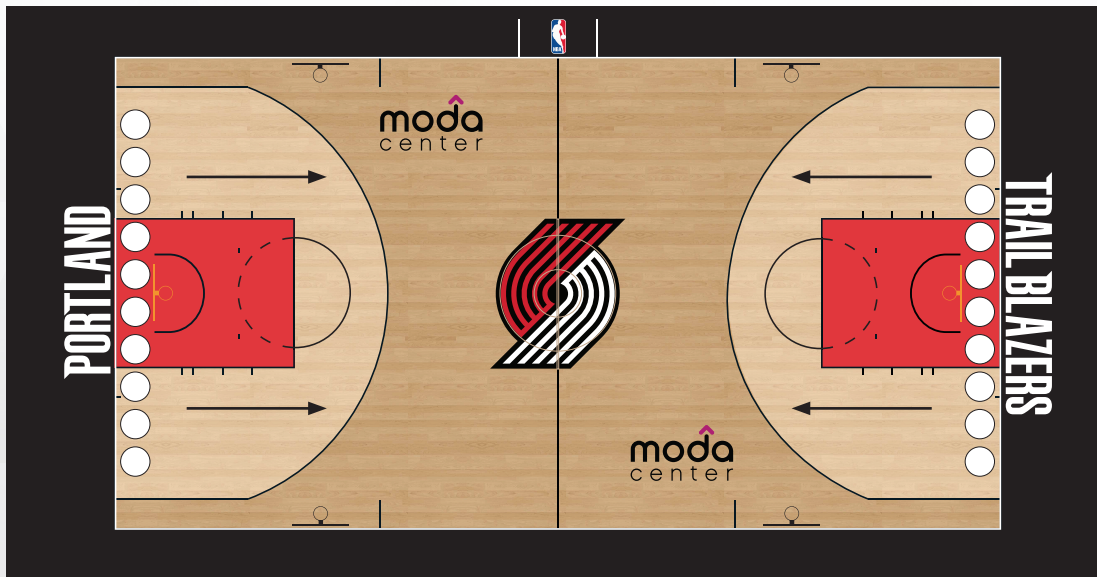
1. Start without basketballs.
2. "Red light" = stop moving forwards but keep dribbling.
3. Introduce "yellow light" = slow dribble.
4. If player loses control or doesn't stop they get to call out "red, yellow or green light".
5. Introduce visual cues for the various commands so players keep their eyes up while dribbling.

Middle School Progression:







1. Jump stop on red light into triple threat.
2. Coach calls right turn or left turn.
 - **Right Turn:** students must pivot around in a circle with their right foot to be released to dribble again.
 - **Left Turn:** students must pivot around in a circle with their left foot in order to be released to dribble again.



WK 2 ACTIVITY 4

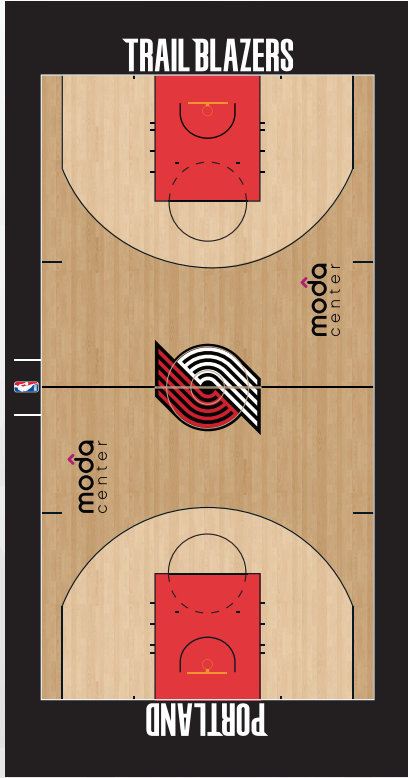


KEY

	Basketball		Child dribbles ball
	Players on each team		Child passes to each teammate
	Child runs		Child shoots ball from outside the key



WK 2 ACTIVITY 4



Notes: _____



WK 2 ACTIVITY 5

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines, Baselines, Three Point Line Half Court, Free Throw Line and The Key)

TEACHING POINTS

1. Remind students to be safe and not to push anyone.

WARMUP

LINE TAG: JUMPING LINES

INSTRUCTIONS

Instructions:

1. Have students go to a line on the court. Any line they learned about the week before.
2. They must have BOTH feet on the line.
3. When the teacher says "GO" students must travel along the line and try not to get tagged. They must continue to keep both feet on the line they have selected.
4. If a student gets tagged, they must step off the line and do 10 figure 8 dribbles between their legs. Then they can return back to the line and resume play.
5. When teacher yells "SWITCH" the students must change the line they are on.

Progressions:

1. Have students be the taggers (Remind them how to tag safely).
2. Limit the number of lines so it's more difficult to avoid being tagged.
3. Have students dribble while avoiding the tag.



WK 2 ACTIVITY 5

EQUIPMENT & SET UP

Equipment:

1. One basketball for each basket.

Set-Up:

1. Using a grouping strategy create teams of three students.
2. Assign three teams at each basket

TEACHING POINTS

1. Stress the importance of communication with teammates.
2. Emphasize that students must move without the ball to get open.
3. Encourage students to use different types of passes (e.g. chest pass, bounce pass).
4. Encourage students to pass to everyone on their team.
5. Remind students to stay spread out.

ACTIVITY

NO DRIBBLE BASKETBALL

INSTRUCTIONS

Instructions:

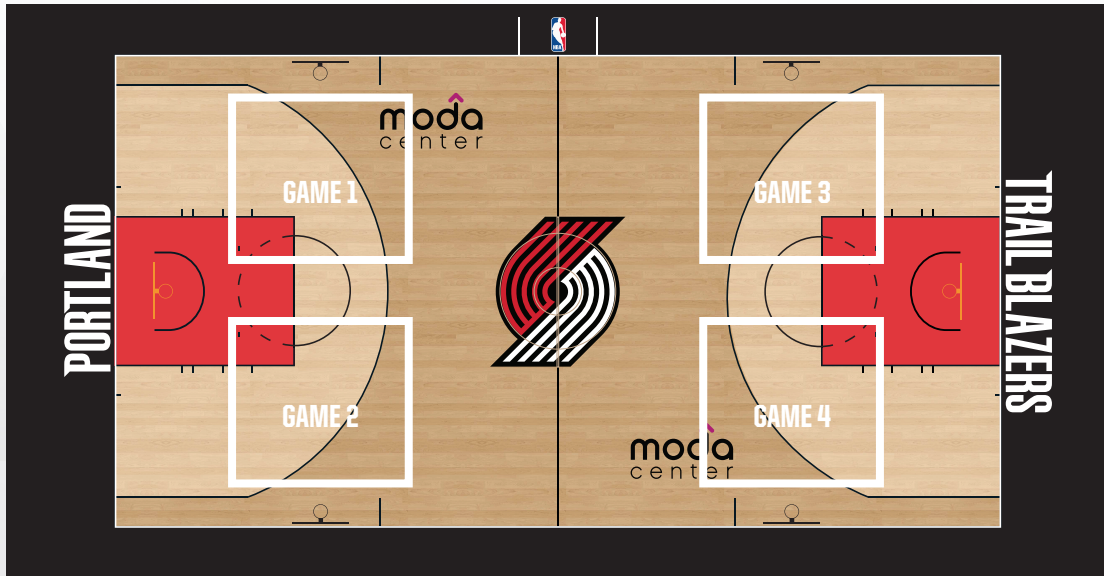
1. Tell students two teams will play 3v3 in their half court space. The third team waits off the court on the baseline.
2. Tell students in their 3v3 game they are not allowed to dribble, they can only pass the ball.
3. Tell students they are not allowed to run with the ball.
4. Players cannot steal the ball from the offense team, but they are able to block or intercept passes.
5. Play for 2-3 minutes, then rotate the third team on to play. The team which has been on the longest rotates off.

Progressions:







1. When a team gives up a basket they move off and another team comes on as defense.
2. When a team scores a basket they move off and another team comes on as defense, the defensive team becomes the offensive team.
3. Play for a set time and keep score.
4. Rotate one team from each basket every ten minutes so students play against other teams.



WK 2 ACTIVITY 5

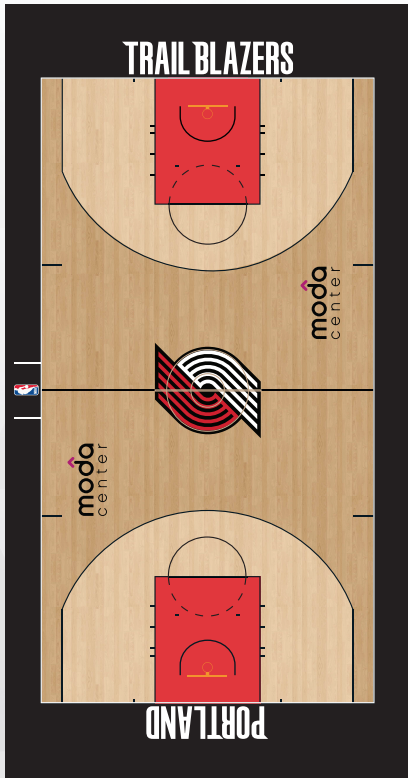


KEY

 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 2 ACTIVITY 5



Notes: _____



WK 2 ACTIVITY 6

EQUIPMENT & SET UP

Equipment:

1. Full Court
2. Basketball for each player

Set-Up:

1. Use the lines on the basketball court (Sidelines, Baselines, Three Point Line Half Court, Free Throw Line and The Key)

TEACHING POINTS

1. Teacher should be the tagger if you have students who are struggling with self-regulation or making inappropriate contact.

WARMUP LINE TAG: DEFENSIVE SLIDE BETWEEN LINES

INSTRUCTIONS

Instructions:

1. Have students go to a line on the court. Any line they learned about the week before.
2. They must have BOTH feet on the line.
3. When the teacher says "GO" students must travel along the line and try not to get tagged. They must continue to keep both feet on the line they have selected.
4. If a student gets tagged, they must step off the line and do 10 figure 8 dribbles between their legs. Then they can return back to the line and resume play.
5. When teacher yells "SWITCH" the students must change the line they are on but they must do a defensive slide to get between lines.
6. If a student gets tagged on the line the student must step off and remain frozen until a classmate high-fives them.
7. If a student gets tagged off the line, they are frozen in that spot and someone must defensive slide to them, high-five them to unfreeze the tagged student.

Progressions:

1. Have students be the taggers.
2. Limit the number of lines so it's more difficult to avoid being tagged.
3. Have students dribble while avoiding the tag.



WK 2 ACTIVITY 6

EQUIPMENT & SET UP

Equipment:

1. Two basketball for each basket.

Set-Up:

1. Using a grouping strategy divide the class into groups. You will need the same number groups as available baskets.
2. The first two players in line hold a basketball each.

TEACHING POINTS

1. Feet shoulder width apart and pointing towards basket.
2. Elbow makes an "L" shape.
3. Shooting hand forms a platform under the ball.
4. Non-Shooting hand stabilizes ball on the side.
5. Follow through toward target.

ACTIVITY

AROUND THE GYM KNOCKOUT

INSTRUCTIONS

Instructions:

1. Each team lines up at the free throw line.
2. Player 1 takes their shot. If they miss they follow up until they score.
3. Player 2 takes their shot as soon as Player 1 has taken their first shot.
4. The first shot must be taken from the free throw line. The second shot can be taken from anywhere.
5. If Player 1 scores before Player 2 they hand their ball to Player 3 and join the end of the line.
6. If Player 2 scores before Player 1, Player 1 is eliminated. In this case they will move clockwise to the next basket and continue playing with that group.
7. Players continue to rotate hoops when they are knocked out of a game until the time limit has been reached.

Progressions:

1. Every five minutes move the first shot line back one step.
2. Change the location of the first shot to a variety of locations around the court.
3. Have players stay at same court. They can re-enter the game when the player who eliminated them is eliminated.
4. Give the eliminated player a task to complete while they wait to re-enter (e.g. dribbling figure 8's between legs)
5. Use as many hoops as you have.

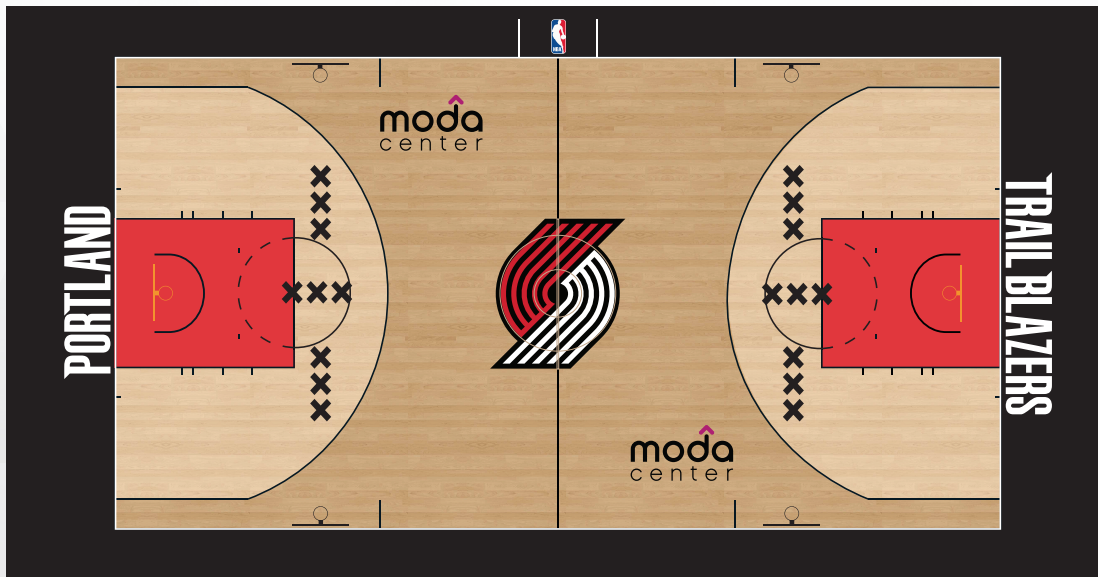
Middle School Progression:







1. Number the baskets.
2. Two teams at each basket placed on the elbows (the corners on the ft line).
3. Teams shoot to make 5 baskets.
4. The team that makes 5 baskets first moves to the basket to the right.
5. The team waiting at the basket can not start shooting until the new rotating team gets to the open elbow at the basket.
6. Play game for 5-10 min.

*The goal is to try to get around the gym.



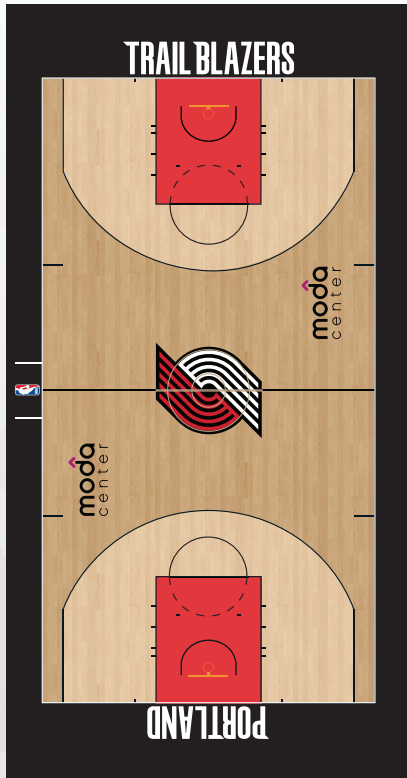
WK 2 ACTIVITY 6



KEY	
 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 2 ACTIVITY 6



Notes: _____



WK 3 ACTIVITY 7

EQUIPMENT & SET UP

Equipment:

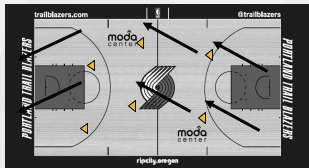
1. Cones

Set-Up:

1. Establish the basketball highway using cones.

TEACHING POINTS

1. Remind athletes to keep their heads up so not to run into anyone.



WARMUP

BASKETBALL HWY: JUMP SHOTS & PIVOTS

INSTRUCTIONS

Instructions:

1. Identify for students The basketball highway, which consists of the three "lanes" (left, center, right) running the length of the court.
2. Create three lines at each baseline facing each of the three basketball highway lanes.
3. Tell students when you say "GO" they will get on the highway and jog to the opposite baseline. Tell students to keep jogging on the highway, no stopping.
4. Once students have been jogging on the highway for a minute call out the direction by saying "reverse".
5. When teacher calls out "reverse" students must jump stop and pivot and start going in the opposite direction.

Progressions:

1. Call out various speeds from slow to fast as well as reverse.
2. Have student call out speeds and reverse.
3. Set a time and see how many times each student can travel the "highway" (length of the court).



WK 3 ACTIVITY 7

EQUIPMENT & SET UP

Equipment:

1. Game is played on a half court.
2. One basketball for each student, except one player.

Set-Up:

1. Ask for a volunteer and assign that person the "stopper" role.
2. Every other player has a basketball.

TEACHING POINTS

1. Dribble the ball low to the ground.
2. Always have an eye out for the next ball you are going to try and get.
3. Remind students to treat each other kindly when going for a new ball.

ACTIVITY

STOP, DROP, & DRIBBLE

INSTRUCTIONS

Instructions:

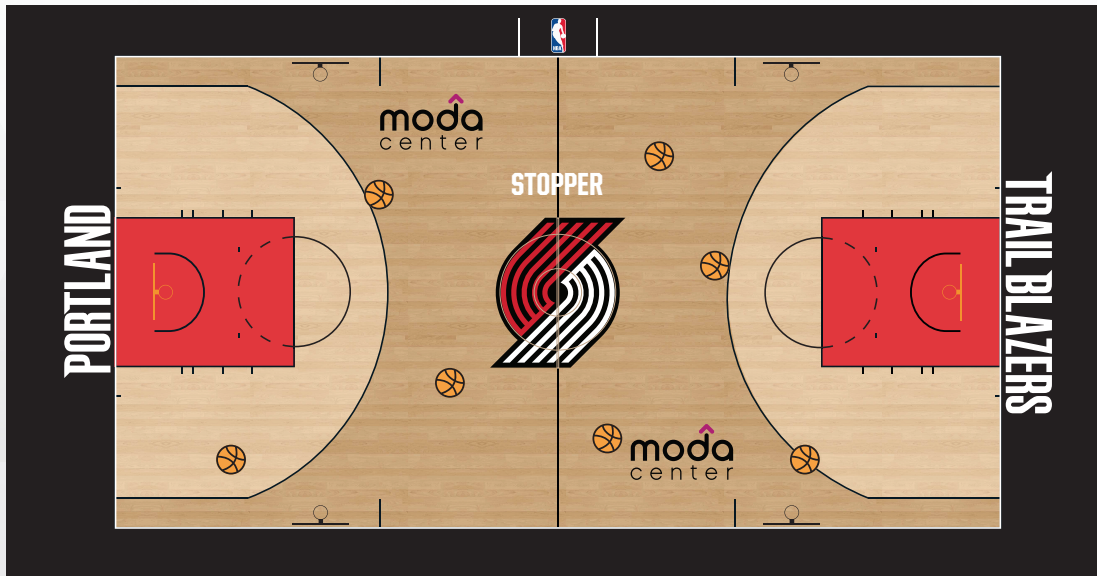
1. Tell the students when the teacher says "GO" those with a ball begin dribbling.
2. Tell the students the "stopper" will yell out "JUMP STOP".
3. When "JUMP STOP" is called out all players must jump, stop and freeze.
4. When the "stopper" yells out "DROP" all players must put their ball down on the court and immediately run and find a new ball.
5. The "stopper" should also try to get a ball.
6. The player left without a ball becomes the new "stopper".







Progressions:

1. Play on a full court.
2. Have players with a ball dribble with their non-dominant hand.
3. Have players practice different types of dribbles (e.g. crossover, behind the back, change of pace).
4. During the "command" pass—students must pass the ball to someone else without getting stolen by the stopper.



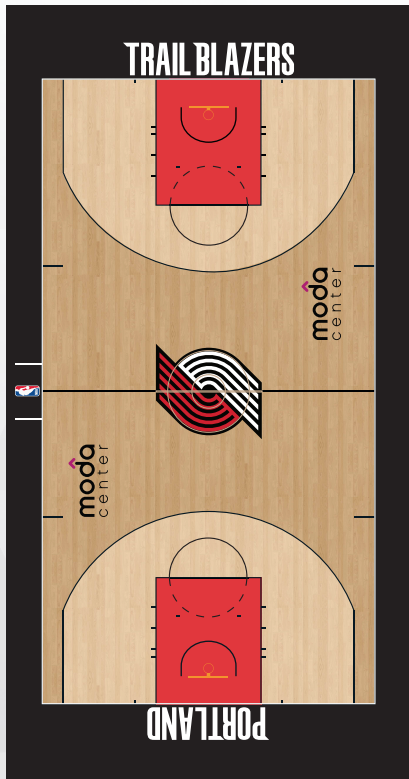
WK 3 ACTIVITY 7



KEY	
 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 3 ACTIVITY 7



Notes: _____



WK 3 ACTIVITY 8

EQUIPMENT & SET UP

Equipment:

1. Cones
2. Basketballs

Set-Up:

1. Establish the basketball highway using cones.
2. Using a grouping strategy pair students up.
3. One basketball for each pair.

TEACHING POINTS

1. Remind athletes to keep their heads up so not to run into anyone.

WARMUP BASKETBALL HWY: JUMP SHOTS & DRIBBLING

INSTRUCTIONS

Instructions:

1. Tell pairs they will be together on the same lane of the basketball highway (refer to Week 3, Activity 7 for explanation to basketball highway).
2. One student has the ball, the other student follows behind them calling out the following commands: slow down, speed up, right hand, left hand.
3. After one minute switch roles.
4. Every 30 seconds the teacher calls out "jump stop".

Progressions:

1. Call out "switch" and every student without the ball needs to find another partner who has a ball.
2. On a whistle blow have pairs pass back and forth ten times before continuing on the highway.
3. End the highway with a layup. Whoever in the pair rebounds gets to travel the highway with the ball.



WK 3 ACTIVITY 8

EQUIPMENT & SET UP

Equipment:

1. One basketball per team
2. Cones

Set-Up:

1. Using a grouping strategy divide the class into groups of three.
2. Create grids 15x15 yards, enough grids for two teams in each.
3. Have each player on each team number themselves 1, 2 and 3.

TEACHING POINTS

1. Always know where the pass needs to go.
2. Communicate early so your teammate knows where you are.

ACTIVITY

3 CATCH BASKETBALL

INSTRUCTIONS

Instructions:

1. In each grid two teams play 3v3. One team starts on offense and one team starts on defense.
2. The goal of the game is for the offensive team to complete three passes.
3. Three passes = One point
4. The passes must be in order: If player 1 begins with the ball, she can pass only to player 2. Player 2 can only pass to player 3. Player 3 can only pass to player 1.
5. Players cannot switch numbers or hand the ball to their teammates, they must pass.
6. Players can pivot, fake-pass and move to open space in order to pass and catch the ball, but they cannot dribble.
7. Defensive players must attempt to break up the passing of the offense by using their hands to intercept the ball.
8. Once the offense completes three consecutive passes, that team scores a point and becomes the defense. The defense now takes control of the ball.
9. If the ball is intercepted, dropped, or goes out of bounds, possession goes to the defense and the teams switch roles.

Progressions:

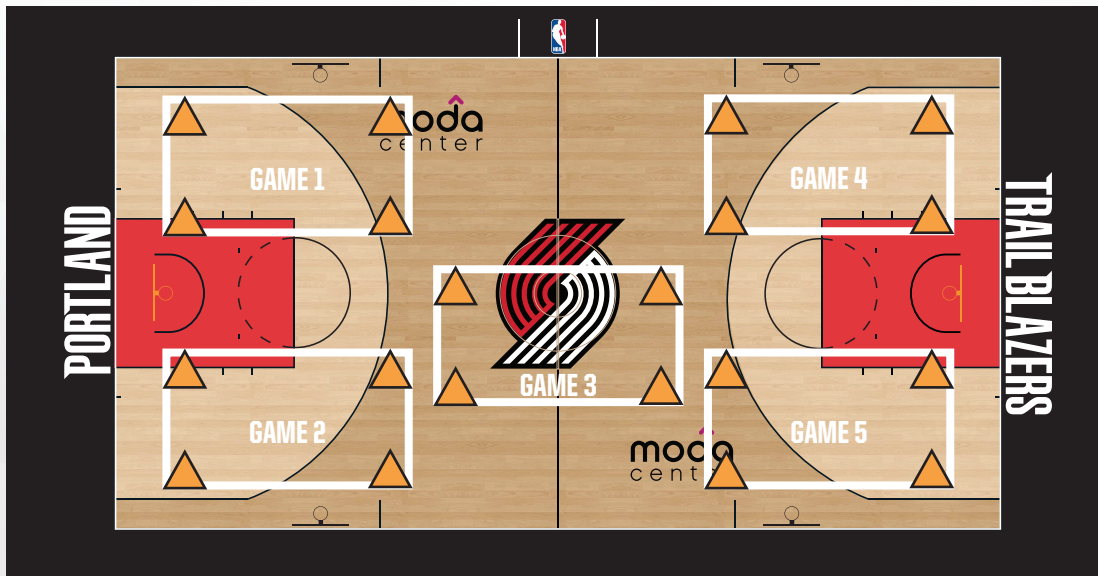
1. Have the players change their numerical order.
2. Have the two teams join together and number 1-6. Set a time limit on how many passes they can complete together in the set time.

Middle School Progression:







1. Cannot pass overhead of defense.
2. Offense must jump stop triple threat on every catch.
3. Weak hand passes only.



WK 3 ACTIVITY 8

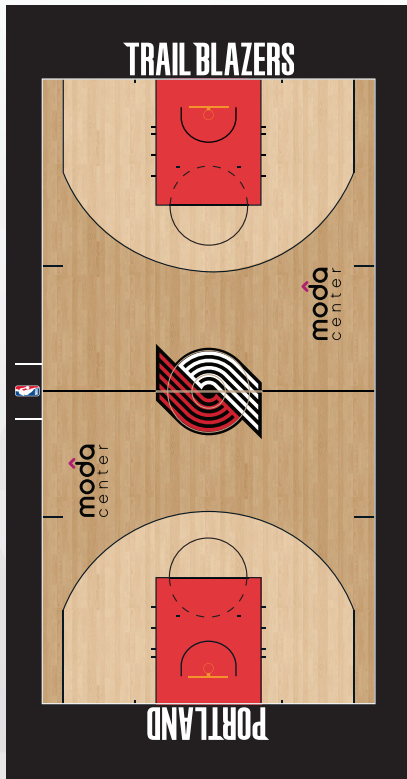


KEY

 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 3 ACTIVITY 8



Notes: _____



WK 3 ACTIVITY 9

EQUIPMENT & SET UP

Equipment:

1. Cones
2. Basketballs

Set-Up:

1. Establish the basketball highway using cones.
2. Using a grouping strategy pair students up.
3. One basketball for each pair.

TEACHING POINTS

1. Use fingertips when dribbling.
2. Keep knees bent.
3. Keep head up so students don't run into anyone

WARMUP

BASKETBALL HWY: VARIOUS DRIBBLING

INSTRUCTIONS

Instructions:

1. Tell pairs they will be together on the same lane of the basketball highway.
2. One student has the ball, the other student follows behind them calling out the following commands: slow down, speed up, right hand, left hand.
3. After one minute switch roles.
4. Add the command cross over dribble.
5. Teacher will also add "stop and protect" (students will go into a control dribble and turn their backs to their partners and put their guard arm out.)

Progressions:

1. Call out "switch" and every student without the ball needs to find another partner who has a ball.
2. On a whistle blow have pairs pass back and forth ten times before continuing on the highway.
3. End the highway with a layup. Whoever in the pair rebounds gets to travel the highway with the ball.
4. When the teacher calls out "stop and protect" the pairs play 1v1 to the closest basket.



WK 3 ACTIVITY 9

EQUIPMENT & SET UP

Equipment:

1. 30 cones of various colors
2. One basketball per team
3. One hula hoop per team

Set-Up:

1. Using a grouping strategy divide your students into 3-4 teams.
2. Have each team place their hula hoop on the side of the court.
3. Place the cones all around the court to mark different shooting spots.
4. Assign the color cones different point values based on position on court.

TEACHING POINTS

1. Feet shoulder width apart and pointing towards basket.
2. Elbow makes an "L" shape.
3. Shooting hand forms a platform under the ball.
4. Non-Shooting hand stabilizes ball on the side.
5. Follow through toward target.

ACTIVITY

HOT SHOTS

INSTRUCTIONS

Instructions:

1. Have each team stand next to their hula hoop.
2. When the teacher yells "GO" each team has one player dribble into the court, one at a time, and take a shot. The player can shoot from any cone they choose.
3. When a player makes a shot, they pick up the cone, rebound their ball and run to place the cone in their team's hula hoop. They wait for their next turn.
4. If the player misses their shot they can keep shooting until they make a shot and bring a cone back to their hula hoop.
5. Players must always rebound and bring their ball back to their hula hoop.
6. Once all cones are gone, the team with the most cone point total wins.

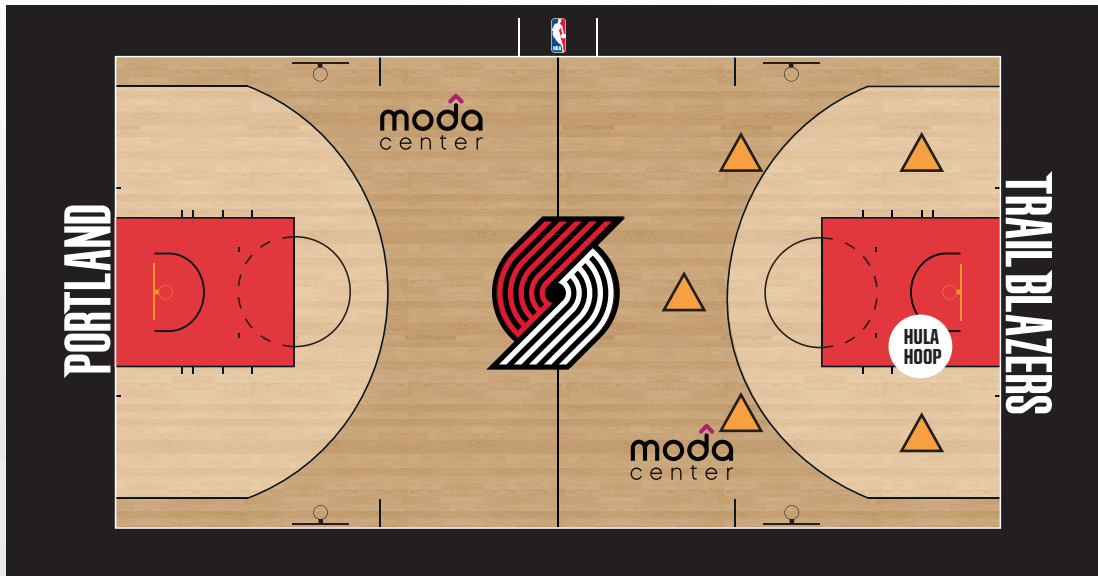
Progressions:







1. Play for a certain time. Have each team try to improve their own cumulative score each round.
2. Have each player on every team go at the same time.
3. Keep score and try to beat the other teams.
4. Combine all the teams together. Play for a set time and add up all the baskets for one total score. Play again and try to improve.

* If you do not have different color cones, assign different spots & different points.



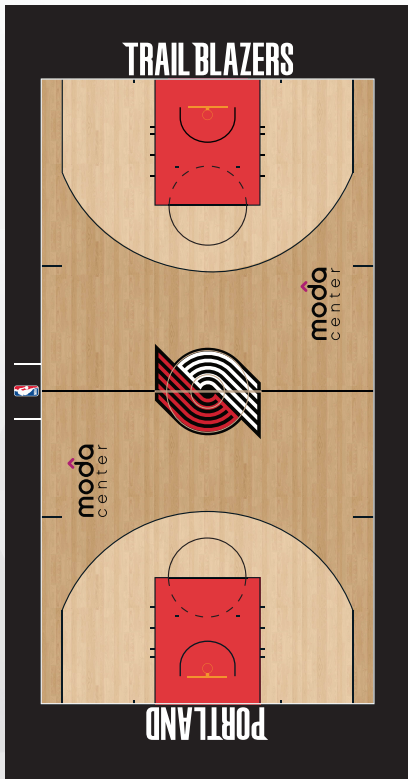
WK 3 ACTIVITY 9



KEY			
	Basketball		Child dribbles ball
	Players on each team		Child passes to each teammate
	Child runs		Child shoots ball from outside the key



WK 3 ACTIVITY 9



Notes: _____



WK 4 ACTIVITY 10

EQUIPMENT & SET UP

Equipment:

1. Basketball for each pair.

Set-Up:

1. Create a grid by using half court.
2. Using a grouping strategy pair students up.
3. Give each pair one basketball.

TEACHING POINTS

1. Hold ball at chest level with both hands.
2. Knees slightly bent.
3. One leg steps forward towards target.
4. Arms finish extended with thumbs pointed in and down

WARMUP

PASSING TAG

INSTRUCTIONS

Instructions:

1. Assign two students to be taggers.
2. Tell students when you say "GO" the pairs will pass the ball back and forth with each other.
3. The pairs can move anywhere in the half court.
4. The taggers try to tag players in the pairs.
5. Students can only be tagged if they have the ball. They must pass the ball to their partner to avoid being tagged.
6. If a player is tagged they must remain frozen until their partner passes them the ball.

Progressions:

1. Have students play without being able to talk to their partner.
2. Play without pairs in one large game.

Middle School Progression:

1. Start game with 2 students as taggers (they have the only ball in the game).
2. Taggers can pass back and forth to get close to other student in order to touch/tag with ball **(No throwing the ball only a light touch)**.
 - Taggers can not move when they have the ball (no traveling).
 - Taggers can not dribble.
 - Taggers can only move without the ball.
3. If a student is tagged they become part of tagger group and move and pass to tag new students. **(every time two new taggers are added another ball is added)**
4. Keep playing until only one student remains untagged.



WK 4 ACTIVITY 10

EQUIPMENT & SET UP

Equipment:

1. One basketball for each pair.
2. Music player and speaker.

Set-Up:

1. Using a grouping strategy pair up the students.
2. Give each pair a basketball.

TEACHING POINTS

1. Hold ball at chest level with both hands.
2. Knees slightly bent.
3. One leg steps forward towards target.
4. Arms finish extended with thumbs pointed in and down.
5. Remind students that they should only make contact with the ball and not the person when trying to steal it.

ACTIVITY

MUSICAL BASKETBALL

INSTRUCTIONS

Instructions:

1. Tell students when the music begins they should begin passing the ball back and forth in pairs.
2. Tell students when the music stops the player who has the ball must begin to dribble and the player without the ball tries to steal it from them.
3. If the ball is stolen the players reverse roles until the music starts again.
4. When the music starts, they go back to passing the ball to each other.

Progressions:

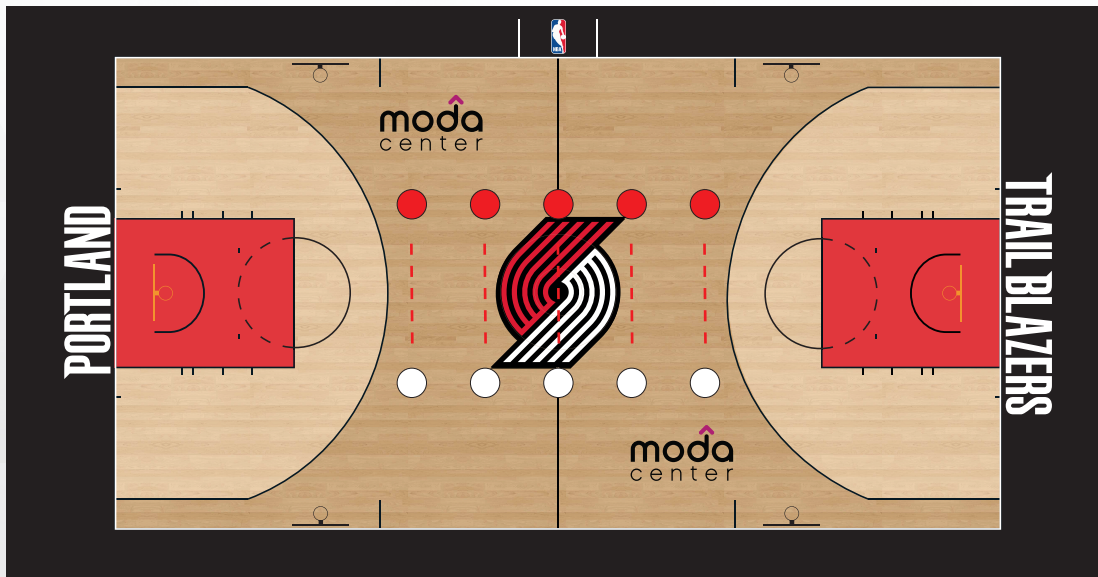
1. Have the pairs use different types of passes.
2. When the music stops, if the defender steals the ball they get a point, and if the offense keeps it they get a point.

Middle School Progression:

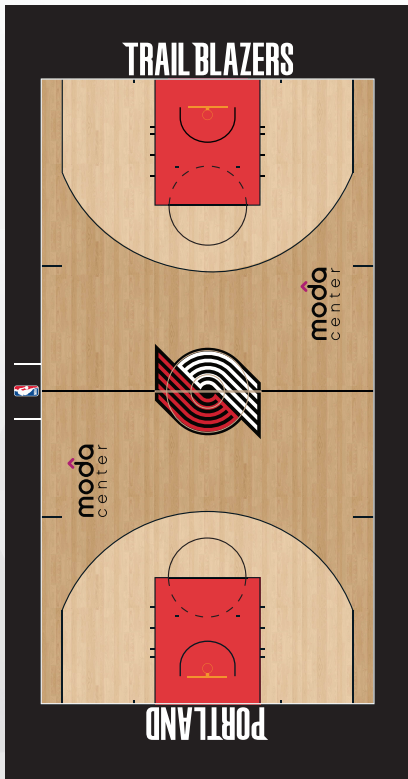
1. 1 ball for group of 3.
2. The group passes back and forth to one another.
3. When music stops, student with the ball and the person who passed the ball become a team.
4. The two pass back and forth while the 3rd student becomes defense.
 - Overhead passes not allowed.
5. When music starts again the 3 passes to each other again.



WK 4 ACTIVITY 10



WK 4 ACTIVITY 10



Notes: _____



WK 4 ACTIVITY 11

EQUIPMENT & SET UP

Equipment:

1. Basketball for each pair.

Set-Up:

1. Using a grouping strategy pair students up.
2. Give each pair one basketball.

TEACHING POINTS

1. Use fingertips when dribbling.
2. Keep knees bent
3. Keep head up so students don't run into anyone

WARMUP

FOLLOW ME DRIBBLE

INSTRUCTIONS

Instructions:

1. Tell students to stand facing their partner.
2. Tell students when you say "GO" the player with the ball begins to dribble in place.
3. The student without the ball runs in place. They vary their speed of running in place and the dribbler must match their speed.
4. Rotate every 30 seconds.

Progressions:

1. Dominant hand only.
2. Non-dominant hand only.
3. Cross over.
4. The student without the ball can move around the gym at various speeds and the dribbler must match their movement and dribbling speed.



WK 4 ACTIVITY 11

EQUIPMENT & SET UP

Equipment:

1. One basketball for each team.

Set-Up:

1. Using a grouping strategy divide your students into teams of 6-8 students per team.
2. Each team needs one basketball.
3. Assign each team an area on the court (inside 3 point arc, grids marked with cones).

TEACHING POINTS

1. Hold ball at chest level with both hands.
2. Knees slightly bent.
3. One leg steps forward towards target.
4. Arms finish extended with thumbs pointed in and down.

ACTIVITY

HOT POTATO

INSTRUCTIONS

Instructions:

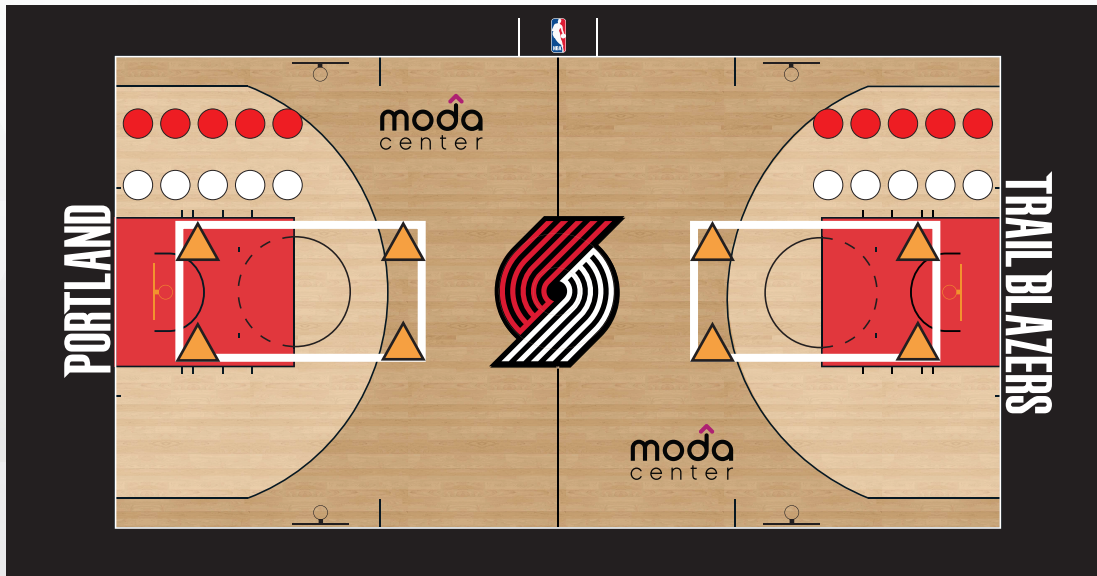
1. Have each team stand inside their assigned space.
2. Have 2-3 players be defenders. The remainder of the players are offensive.
3. The goal for the offensive players is to keep the ball. They are only allowed to pass and pivot, but no dribbling.
4. The defenders are trying to intercept the ball.
5. Play for one minute and then have the defenders switch.

Progressions:







1. When a defender intercepts a ball, they switch places with the student who threw the intercepted pass.
2. Decrease the size of the space to increase the challenge on the offensive team.



WK 4 ACTIVITY 11

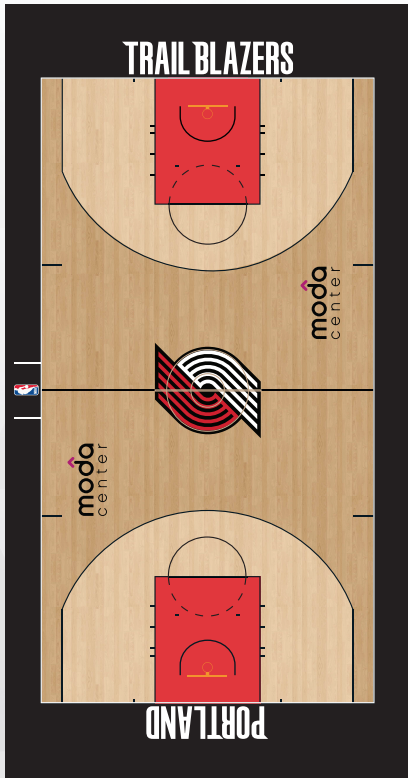


KEY

- | | |
|--|--|
|  Basketball |  Child dribbles ball |
|  Players on each team |  Child passes to each teammate |
|  Child runs |  Child shoots ball from outside the key |



WK 4 ACTIVITY 11



Notes: _____



WK 4 ACTIVITY 12

EQUIPMENT & SET UP

Equipment:

1. Basketballs
2. Half Court

Set-Up:

1. Using a grouping strategy divide students into two teams.
2. Each student on one of the teams has a basketball.

TEACHING POINTS

1. Use fingertips when dribbling.
2. Keep knees bent
3. Keep head up so students don't run into anyone

WARMUP

REVERSE TAG

INSTRUCTIONS

Instructions:

1. Tell students when you say "GO" the students on the team with the basketballs must dribble their ball while trying to tag players without a ball.
2. Tell students to tag safely on the shoulder or back.
3. The players without a ball try to avoid being tagged. If they are tagged they must freeze.
4. To become unfrozen a teammate must tag them.
5. Play for one minute or until all players on one team are frozen. Freezing all players on one team in a round = one point.
6. First to five points wins.

Progressions:

1. Left hand only dribbling.
2. Right hand only dribbling.
3. Decrease the size of the playing space.



WK 4 ACTIVITY 12

EQUIPMENT & SET UP

Equipment:

1. One basketball per game.
2. Two cones, one under each basket

Set-Up:

1. Using a grouping strategy divide the class into two teams.
2. Have each team line up at the baseline opposite the basket they are shooting at.
3. Place one cone under each basket.

TEACHING POINTS

1. To make the game flow more you can pick students to leave the game as the game is going on.

ACTIVITY

AEROBIC BASKETBALL

INSTRUCTIONS

Instructions:

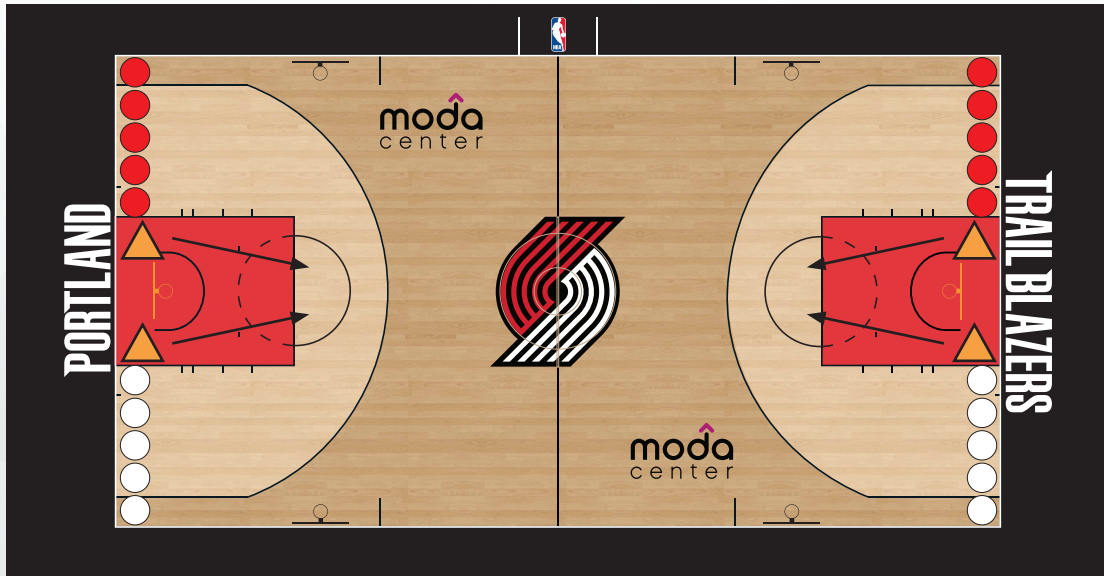
1. The first five players on each team run onto the court. The teacher tosses in a basketball and a full court game begins.
2. After a player scores they must run and touch their team's cone, under their own basket.
3. When they touch the cone, the next player in line enters the game, replacing the scorer.
4. The player that scored then lines up at the end of his team's line.
5. There are always five players from each team on the court.
6. Continue to play, rotating players in and out after each score, for an assigned time.
7. No free throws, all fouls will be throw-ins from the sideline.

Progressions:







1. Using a grouping strategy, divide the class into 4 teams, play tournament style on 2 courts.



WK 4 ACTIVITY 12

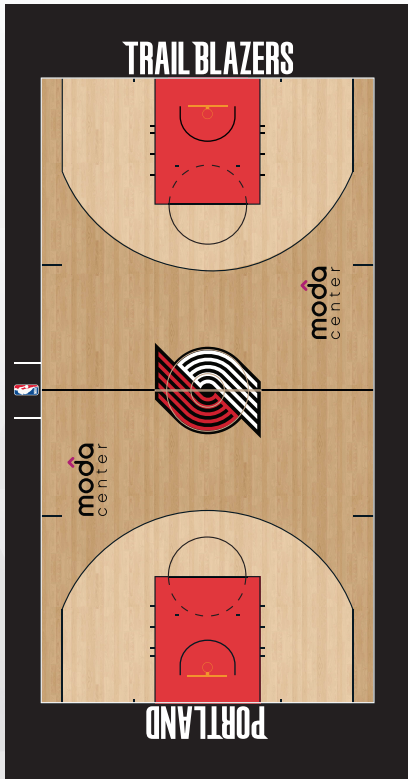


KEY

 Basketball	 Child dribbles ball
 Players on each team	 Child passes to each teammate
 Child runs	 Child shoots ball from outside the key



WK 4 ACTIVITY 12



Notes: _____

