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| Jc Academy Logo.pngSubject: basketball Year: 3/4 lesson: Dribbling | | | |
| Resources: basket ball, cones, | | | |
| Warm up (15mins):  **warm-up will consist of pupils running in a zone. When I shout go they will run on the spot as fast as they can until I say. They will do the same using star jumps and jumping jacks. Dynamic stretches will follow including lunges, open/close gate and side to side stepping. Arms will need to be well stretched.** | | | Coaching points:  **Concentrate**  **Be sensible**  **Don’t start of to fast** |
| Safety points:  **Area checked** |
| Main Activity (35mins):  1)  **The first part of the session will be to number all participants E.G 1-15 with two different groups, which then they will have to pass 1-2-3-4-5-6-7-8-9..........ect. The challenge will be to see how long it takes them within a minute to complete the sequence.**  2) **Cones will be laid out for participants.**  **They will start with using their strong hand to dribble up and then down the cones**  **They will then use their weak hand**  **They will then do it with both hands**  **Participants will then repeat the above but going in and out of the cones instead of up and round them**    3) | | | 1 Coaching points:  **Keep the ball close to you.**  **Spread out fingers and use the palm to keep the ball under control.**  **Use both hands.**  1 Safety points:  **be aware of who is around you**  **safe distance between other groups** |
| Cool Down(10mins)  **A slight jog down into a walk will be the main cool down, with static stretches following.**  **Arms, legs and neck will all be stretched out.** | | | Safety points:  **Concentrate**  **Be sensible**  **Don’t start of to fast** |
| RED  Increase the time for participants | AMBER  Standard session | GREEN  Quicker time will be a target | Outcome of the session:  **Be able to use the correct technique when dribbling** |