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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**  |
| REDIncrease the time for participants  | AMBER Standard session | GREENQuicker time will be a target | Outcome of the session: **Be able to use the correct technique when dribbling**  |