



# Physical Education Virtual Learning

## 7th & 8th PE

## Basketball

**May 6, 2020**



7th & 8th Physical Education  
Dribbling Lesson: May 6, 2020

**Objective/Learning Target:**

Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.

NASPE (S1.M8.7)



# Dribbling A Basketball

How to dribble a basketball using proper technique.



# Lesson Objective

Student will understand and perform the skill of dribbling correctly while using the appropriate cues.



# Essential Question

How is your hand placed on the ball when dribbling properly?



# Standards

**ISD LT 1.1:** I can perform selected hand/eye skills with the correct critical elements in a modified game setting (Throwing catching, dribbling a basketball, etc.)

**NASPE Standard #1:** Demonstrates competency in a variety of motor skills and movement patterns.



# Warm Up---Video

During the video.....Pay attention to the words:  
Eyes, Balance and Finger Tips.

Click on the following video:

[Dribbling Technique](#)



# Warm Up---Cue Words

**EYES**

**BALANCE**

**FINGER TIPS**





# Warm Up---Cue Words

**EYES:** Your eyes need to be UP at all times, do not look down at the ball.

**BALANCE:** Knees bent. Get into a triple threat position.

**FINGER TIPS:** Dribble the ball with the tips of your fingers. You want to contact the ball on the top of the ball.



# Practice the Skill

You can use the following equipment to practice with:

- Basketball
- Any type of circular ball that will bounce
- Nothing (you can still go through these motions without physically dribbling anything)



# Practice the Skill

If using equipment, you will need to practice somewhere on a hard surface so the ball will bounce.

If you are not using equipment, you can practice anywhere.



# Practice the Skill

Step #1: In your own space, prepare yourself to dribble by thinking about the Cue Words: EYES, BALANCE, FINGER TIPS.

Reciting these words will make you a better dribbler.

Step #2: Hold the ball, with your EYES up. Bend your knees so you are in triple threat/an athletic stance. This should make your body feel BALANCED. Next, with your dominant hand, begin to dribble the ball with your FINGER TIPS.



# Practice the Skill

Step #3: When you start to feel more confident, begin to move around while you dribble. Make sure you continue to use the 3 Cue Words.

Step #4: If you want a challenge, repeat these steps using your non dominant hand.



# Self Assessment

Which step did you get to?

Which step was the most comfortable for you?

Explain the Cue Words to someone at your house.



# Thinking Critically

Why is it important to be balanced and in a triple threat position when you have the ball?



# Additional Resources

If you need further information of the triple threat position, go here:

[Triple Threat Position](#)

If you need a different way to perform the technique in a game-like situation, go here:

[Dribbling Technique in Game Play](#)