



PE/Health Virtual Learning

7th/8th PE

Dribbling a Basketball

April 23, 2020



Grade/Course
Lesson: [April 23]

Objective/Learning Target:
**Dribbles with dominant and nondominant hands using a
change of speed
and direction in small-sided game
play.**

NASPE Standard (S1.M8.8)

Lesson Objective/Essential Question

EQ: How can I dribble a basketball with the correct critical elements to change speed and direction?

Objective: Students will be able to change speed and direction while dribbling a basketball or if they don't have access to a basketball they will be able to identify the critical elements needed to change speed and direction while dribbling a basketball.

Dribble Warm-Up Activity

- If you have a ball, do this stationary dribble warm-up
 - 10 dribbles with your right hand (chest height)
 - 10 dribbles with your left hand (chest height)
 - 10 dribbles with your right hand (waist height)
 - 10 dribbles with your left hand (waist height)
 - 10 dribbles with your right hand (knee height)
 - 10 dribbles with your left hand (knee height)
- If you don't have a ball, watch the following video about a dribbling warm-up you could do in the future.
 - [Dribbling Warm-up](#)

Practice

- What are the critical elements of dribbling a basketball
 - Knees bent and feet shoulder width apart
 - Control your dribble with your finger pads (soft part of finger by your fingertips)
 - Eyes looking forward
 - Keep dribble waist height or below

- **Teaching Cues to remember:** Knees bent, finger pads, eyes forward, dribble low

Practice- Changing Speed

In your driveway try the following sequences of changing dribbling speeds. Maintain your dribble through each drill. After you complete all 6 drills with your right hand, try them again with your left hand:

Teaching point: Each time you stop turn sideways, dribble the ball by your back hip, and protect the ball by putting the hand you're not dribbling with out in front of you

1. Walk, jog, walk
2. Jog, run, jog
3. Walk, stop, walk, stop
4. Jog, stop, jog, stop
5. Run, stop, run, stop

Practice- Changing Direction

Now we will change direction by going in a zigzag across your driveway.

We will change directions by doing a crossover dribble. Watch this video to see it demonstrated. [Crossover Dribble](#)

- Do the zig zag down and back in the driveway 5 times
- If you want more of a challenge try to go faster each time

Self-Reflection

Can you list the 4 dribbling teaching cues? (Check back to the previous slide to see if you remembered correctly)

What was the hardest part of changing speeds or changing directions while dribbling?

Critical Thinking:

Why would changing speeds and directions while dribbling in basketball be important?

Additional Resources/Ideas

[5 minute dribbling](#)

[MVP dribbling](#)