



# PE/Health Virtual Learning

# 6th PE Dribbling

April 08, 2020



6th Grade PE/Health  
Lesson: [April 8th 2020]

**Learning Target:**

I can perform basic hand/eye skills with the correct critical elements in a controlled setting (Throwing, catching, dribbling, etc.)

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

NASPE Standard (S1.M8.6)

**Essential Question:** How can I improve my dribbling technique?

**Let's Get Started:**

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of air squats--[Air Squat](#)
2. 10 second break
3. 20 seconds of leg lifts--[Leg Lifts](#)
4. 10 second break
5. 20 seconds of lunges--[Lunge](#)
6. 10 second break
7. 20 seconds of push-ups--[Push Ups](#)

# Warm-Ups Continued

Cardiorespiratory Endurance-

Jog around neighborhood/track/park or in place for 10 minutes.

# Practice

Follow along with the video and practice what he is doing.

Focus on each different technique he is doing. Pause the video at each point and practice that technique.

Video link: [Dribbling](#)

# Practice

Students are to practice dribbling.

Cues:

1. Eyes up
2. Use your fingerpads--not your fingertips
3. Keep ball at your side for control
4. Keep ball at waist level or lower
5. Keep the ball in your "foot pocket" which is done by dropping the right foot behind your left foot (right handers). This will help control the ball and protect it from defenders

# Practice

Once students comprehend dribbling cues:

- Practice dribbling for 15-20 minutes.
- Start off using dominant hand while dribbling.
- Non-dominant hand
- Alternate hands
- Dribble while running with dominant hand/non-dominant hand
- Dribble alternating hands while running

# Additional Practice

Below is a link to learn more dribbling drills:

[Dribbling Drills](#)

Self assessment--

- Students eyes are scanning and not focused on the ball.
- Student dribbles the ball at waist level.
- Student pushes the ball down with their fingertips.
- Student can use both hands equally while dribbling. Students dribble is under control at full speed.