



LESSON #11

FUNDAMENTAL SKILL: Dribble and Change of Direction

LIFE SKILL: Confidence

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

Warm Up Activity:

Red Light/Green Light

- Players spread long baseline with a ball, coach at center
- Coach calls out "Green Light", players dribble forward full speed
- Coach calls out "Yellow Light", players dribble forward at a slow speed
- Coach calls out "Red Light" players stop and get into a control dribble
- Players try to be the first to dribble to other end of court, if not in a control dribble on "Red Light", players are eliminated
- Repeat until one player left
- Play several times

Lesson #11 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Ask players what they think confidence means. Discuss how players can build self-confidence
- **Fundamental Skill:** Dribbling (Change of Direction)
- **Goal:** Dribble under control while changing direction

Teaching Progression: Dribbling with Movement

Dribbling with Movement (Control Dribble, Speed Dribble)

- Dribble hand on top of ball with fingers as wide as possible
- Push ball to floor using fingertips (not palms)
- Elbow bent, wrist follows through
- As ball returns to hand, repeat the pushing motion

Change of Direction Dribble

- Plant outside foot, bend knees, lower centre of gravity
- Push off outside foot, step and transfer weight on to other foot
- Change pace-accelerate into change of direction

Activity:

Changing Direction

- Players in scatter formation with ball
- On whistle, players dribble randomly
- Players change direction at every line
- Players continue dribbling and changing direction every whistle

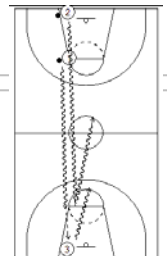


Zig-Zag Dribbling

- Players in one line at corner of baseline, each with a ball
 - Players dribble in a zigzag pattern between the sideline and imaginary line down the middle of the court
 - When players reach the sideline or centre court line, they plant their foot and change direction, executing a crossover dribble and switching dribbling hands
- >> **Load:**
- Players can use a crossover in front of body, crossover between legs, and behind the back dribble to change directions

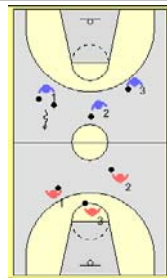
Speed/ Control Dribble

- Players in 3 lines on baseline, each with a ball
 - On whistle, first 3 players dribble the ball with right hand full speed to the end of the court and back
 - Coach blows whistle and players must stop and switch into a control dribble
 - Double whistle indicates players to speed dribble again
 - Repeat using left hand dribble
 - Repeat using right hand there, left hand back
- >> **Load:**
- Speed dribble with 2 balls
 - Control dribble with 2 balls



Run Rabbit Run with a Ball

- #1 starts with a ball on foul line and #2 starts with a ball on the baseline
- When #1 starts to dribble, #2 dribbles attempting to tag #1 on the back
- When #1 crosses the foul line, he/she passes a ball to #3
- #3 can go when #2 touches the foul line



Dribble Game

- Every player has a ball. One extra ball is the 'game ball'
 - Players must constantly be dribbling their ball
 - The object is to move the game ball by dribbling or passing down the court to score
 - Player must dribble 2 balls at once in order to move; other players must be dribbling in order to move
 - When catching the ball, the player can pick up their ball to make the catch
 - Once they move both balls must be dribbled
- >> **Load:**
- Require the defense to dribble with weak hands

Introduce and Play Modified Game:

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements
3	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Coaches debrief