**Basketball Skills and Drills**

**Grade Level:** K-6

**Skill:** Dribbling, passing, and shooting a basketball

**Objective:** **Standard 4.HD.3:** List multiple trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) to talk with if feeling uncomfortable, afraid, or unsafe about an interaction or other harmful situations. Explain the need to talk with more than one adult if the issue is not resolved.

**Equipment:** One basketball for each student or have student’s pair up, ten to fifteen beanbags.

**Organization:** Two long lines facing each other.

**Activity:**

**Double Dribble:** Take two balls and have the child stand in place and dribble both balls at the same time. They can look

down at the balls if they need to or more advanced dribblers can look forward.

**Red Light Green Light:** Basketball version of the old kids’ game. Each player gets a ball and stands on the baseline. When you say “green light” they WALK and dribble towards the other end of the court. When you say “red light” then the kids stop walking and dribbling. Goal is for everyone to reach the other side. Variations: dribbling and moving quickly, miscues require you to return and start over... using non-dominant hand... different pathways to get there… Switch hands every time there is a stoppage.

**Knock Away:** Everyone is in a confined area of the gym. Each partner has a ball to dribble. They must maintain a continuous dribble or switch with their partner. You also are trying to knock away everyone else’s ball, if you knock their ball away, they switch with their partner. If you go for a long amount of time, switch with your partner. If you go outside the boundaries or dribble too high, switch etc. Variations: Have students just tag the player, instead of knocking the ball away.

**Beanbag Dribble:** Players pair up with each player having a ball. While dribbling their own ball, partners play catch with a beanbag. Dribbling with the right hand and juggling with the left, then switching. Variations: Two beanbags with three players or a triangle juggle. Only one partner out of two has a basketball, that person still catches and throws the beanbag while maintaining their dribble.

**Sample Drills:** Pass the ball around the ankles, knees, and waist then head. Feet apart and circle around one leg, then the other leg then a figure 8. (Younger kids should roll the ball around single leg then figure 8.) Dribble around feet together, dribble around feet apart.

**Quick Catchers:** Feet apart, knees bent, drop the basketball from between the knees and catch from behind before it bounces or allow more bounces for younger ages. You can also have them start with one hand on the front of the ball and one hand behind it, then switch hands.

**Spider Drill:** Feet apart and knees are bent. Player dribbles once with each hand in front of their legs and reaches behind and dribbles once with each hand behind. (Key is to let the ball bounce in the same place and move your hands and knees instead.)

**Closure:** What are some cues to use when dribbling a basketball? (yo-yo wrists, use finger pads, eyes up, etc.)

**Health:** Why is it important for you to know a few trusted adults? List multiple trusted adults (for example, parent, guardian, relative, teacher, counselor, clergy) to talk with if feeling uncomfortable, afraid, or unsafe about an interaction or other harmful situations. Explain the need to talk with more than one adult if the issue is not resolved.

**Piloted at:** Vae View