

Learning Intention: How can you keep control of the ball?

EQUIPMENT:

30 x medium-sized balls
Cones x 50
Spots

I can attempt to bounce the ball with one hand- Push not Pat
I can bounce the ball with some control using one hand
I can bounce the ball keeping it at waist height, using one hand

WARM UP: 'Remote Control Ball'

Teacher provides the following instructions

Play- Children walk forward bouncing a basketball

Pause- Children to stand in 'triple threat position' protecting the ball (See video)

Fast forward- Children jog forwards, bouncing/dribbling the basketball.

Rewind- Children walk backwards, bouncing/dribbling the basketball, taking care to look where they are going.

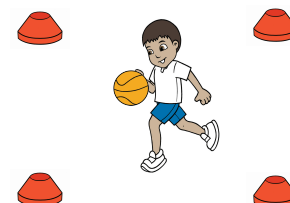
Eject- Children jump and extend their arms, pretending to shoot with the basketball- do not let go of the ball



ACTIVITY 1: Square Bounce

Children have a ball each and four cones/spots to form a square.
How many different ways can the children bounce the ball in their squares?

Ask children to demonstrate what they have done.



ACTIVITY 2: Push don't Pat

Teacher led demonstration/show video footage-How to keep control of the ball.

T.P's

- Ball on right hand side of the body (When dribbling with right hand, opposite when using left hand)
- Bounce the ball to hip height
- Push down with the fingertips- **'Push don't Pat'**

- 1) Teacher shows technique when bouncing the ball with one hand.
- 2) Children to now practice the correct technique - teacher to reward good technique

Make it easier: Use a smaller ball
Make it harder: Use left and right hand



ACTIVITY 3: Mirror Me

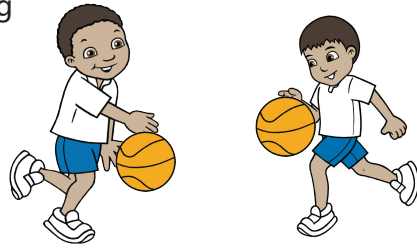
In 2's with their partners, children mirror their partners movements.

For example, bouncing with the right hand, left hand, moving sideways and moving the ball around the waist.

This encourages the mirroring child to look up

Make it easier: Tell your partner what you are going to do

Make it harder: Speed it up



ACTIVITY 4: Wolf Creek

1. Children start by standing in a horizontal line with a ball each.

Make it harder: Use non preferred hand

Make it easier: Use a smaller ball

2. The teacher/child is the "wolf" and stands 10–15 metres away.

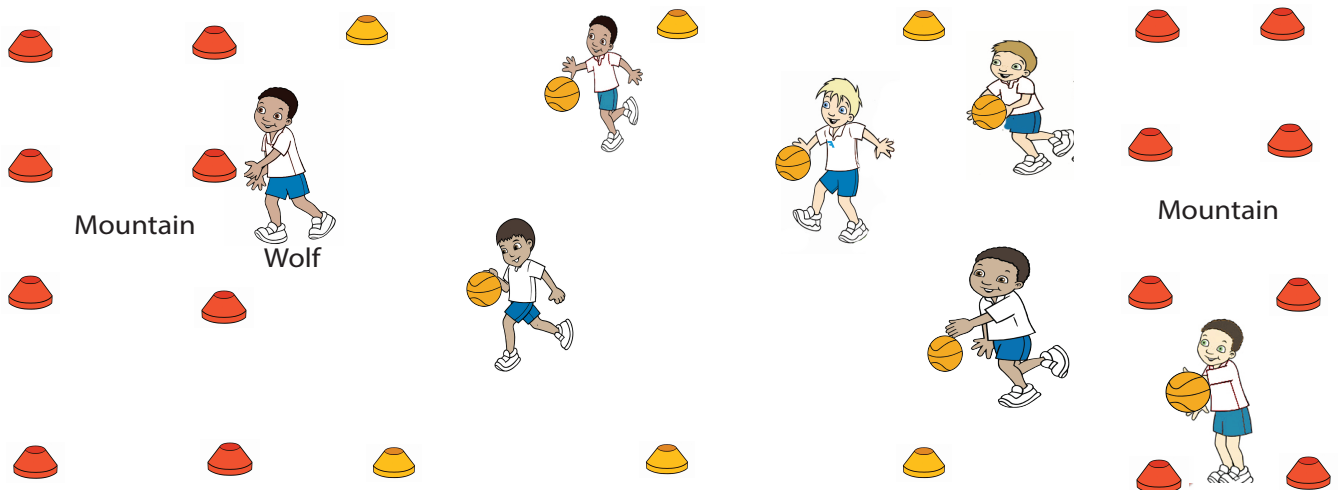
3. When the wolf isn't facing the children they can dribble the ball forwards, but if the wolf turns round they have to stop in **'triple threat position'** and be still so the wolf doesn't spot them or their ball moving.

4. If seen they have to go all the way back to the line they started at.

5. The child that gets past the wolf first and to the mountain, becomes the wolf for the next game.

Q & A – Why do you need to keep your head up? Children to look out for the wolf and to look where they are going. First one to the mountain wins.

Note you can have more than one wolf stopping the players getting to the mountain!



COOL DOWN

Clap Challenge- Teacher claps hands and the Children bounce the ball on the floor and catch it.

PLENARY

What can you tell me about how to keep control of the ball? For example, What part of your hands should you use?
Talk to your partner about what you have learned today.