

Dribbling & Shooting Obstacle Course
by
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Grade Level: K-12

National Standards:

#1 #2 #3 #4 #5 #6

Learning Objectives:

- The student will utilize all previously taught ball handling and shooting skills while participating in the obstacle course.
- The student will follow all rules, guidelines, and directions while participating in this activity.
- The student will work cooperatively in a shared space and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

A six basket basketball court is best; however a cafeteria, blacktop, or any flat surface is acceptable with home-made baskets.

Equipment & Materials Needed:

- Eight (8) poly spots.
- Two lollipop.
- Ten (10) cones.
- One (1) ball per student.

Set-Up:

- Place the various apparatus in the designated playing area according to the map.
- Pass out a course map to each student.

Description of Learning Activities:

- The teacher should use good judgment when sending students onto the course, giving plenty of time in between each student.
- The teacher may use the “shot-gun” approach with this activity. Have each student start at a different station and once it is complete, move on to the next, without interfering with other students.
- The students perform the skill required for each station:
 - 1= pass through lollipop
 - 2= right-handed, off-the-block, shot
 - 3= left-handed, off-the-block, shot
 - 4= middle-of-the-key shot
 - 5= free throw
 - 6= dribble, power slide
 - 7= dribble, power slide
 - 8= dribble through cones, there & back

Authentic Assessment:

- Teacher observation of following the directions.
- Teacher observation of students’ ability to read the map and follow it.
- Teacher observation of students’ social support and cooperation within a shared space.
- Teacher may design a skills check list and utilize while students are participating in the activity.