

Hand Ball-Handling Exploratory Lesson

by
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Grade Level: K-12

National Standards:

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

Learning Objectives:

- The student will explore a variety of ways to dribble a ball using their hands.
- The student will work cooperatively in a shared space and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large basketball court is best; however a cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One ball per student. (Have many different types and sizes available, i.e. basketballs, rubber balls, soccer balls, etc.).
- Cones.

Set-Up:

- Place the cones around the perimeter of the playing area to designate the boundaries.

Description of Learning Activities:

- Each student should take a ball, find a self space, and put the ball between their knees while waiting for instructions.
- The teacher will verbally describe what skill is to be attempted, and may also demonstrate if necessary.
- To dribble a ball correctly the students should use only their finger tips, not their whole hand; wrist should flex; elbow bends; eyes on the horizon; and keep the ball lower than shoulder height.
- Have the students pass the ball around their waist without it rolling on their body; go the other direction.
- Have the students pass the ball around both of their legs (while they are together) without it rolling on their legs; go the other direction.
- Have the students place their right foot in front of their left foot; pass the ball around their right leg without rolling it on the ground or their body.
- Have the students place their left foot in front of their right foot; pass the ball around their left leg without rolling it on the ground or their body.
- Have the students stand with their feet shoulder width apart; pass the ball between their legs in a figure-8 pattern without rolling it on the ground or touching their body.

- Have the students attempt to dribble the ball in their right hand for a given period of time.
- Have students attempt to dribble the ball in their left hand for a given period of time.
- Have the students attempt to dribble the ball while taking four steps forward, and then four steps backwards, with their right hand.
- Have the students attempt to dribble the ball while taking four steps forward, and then four steps backwards, with their left hand.
- Have the students attempt to do a “V” dribble: the ball moves from the right hand to the left hand with one bounce in front of the student.
- Have the students attempt to do a back “V” dribble: the ball moves from the right hand to the left hand with one bounce in back of the student.
- Have the students place their right foot in front of their left foot; baby dribbles around their right leg, using only their right hand.
- Have the students place their left foot in front of their right foot; baby dribbles around their left leg, using only their left hand.
- Have the students stand with their feet shoulder width apart; baby dribble the ball between their legs in a figure-8 pattern.
- Have students stand with their right foot in front of their left, shoulder width apart; dribble the ball from their right hand, through their legs, to their left hand, with only one bounce; then back from their left to the right.
- Have students stand with their left foot in front of their right, shoulder width apart; dribble the ball from their left hand, through their legs, to their right hand, with only one bounce; then back from their right to the left.
- Have the students attempt to walk while dribbling the ball between their legs, keeping their feet on the ground.
- Students should be standing in one place; the ball on one side; push the ball forward with one bounce; pull the ball back with one bounce; repeat on the other side.
- Add walking while dribbling the ball behind their back: push, pull, wrap (dribbling hand should wrap around the back, hitting the opposite gluteus cheek), bounce, pick up in the other hand.

Authentic Assessment:

- Teacher observation of students’ social support while participating in this activity.
- Teacher observation of students’ cooperation while participating in this activity.
- Teacher observation of the students’ skill level during the practice session.