

Cone

Lesson Focus: to dribble with proper form, shoot toward the guarded cone (target), and guard the cones using the feet.

Deck Ring Guard the

What you'll need

- Deck Ring or Bean Bag for each student.
- Ten to twelve cones placed around the perimeter.
- Music player and music are optional.

Skills to review and demonstrate

Dribbling and keeping ring close and using the inside of feet.

Keeping head up and look ahead while dribbling.

Shooting at the cone by kicking the ring with the inside of the foot.

Guarding the cone using feet only to strike the ring away.

Getting started

Pair up the students, give them one ring, and assign them to a cone. They will take turns at being the guard and the shooter.

Student performance objectives

Psychomotor: Students will dribble the rings close to their body using the inside of the foot 80% of the time
Students will use the inside of the foot when shooting the ring toward the cones 80% of the time

Cognitive: By the end of the lesson students will be able to describe the importance of using the inside of the foot when dribbling and shooting 80% of the time.



 [Watch the Video](#)

Small space activity
for grades

2-5

Begin the action

Using “Rock, Paper, Scissors,” the students decide who will guard the cone first.

Shooters:

On “go” or when the music starts begin to dribble toward a cone.

Shoot at as many cones as possible before the music stops or on signal.

You may not hit the same cone twice.

Guards:

Use feet only to guard the cones by kicking the rings away from the cones with the inside or outside of your feet.

Helpful hints

Encourage students to shoot with inside of feet and not the toes.

Discourage guarding by standing on top of the cones.

Recap

Why don't we kick the ring with our toes?

Why do we keep the rings close to us when dribbling?

Why do we look up when dribbling?

Challenge

Encourage students to increase the number of cones hit in the second round of play.

Can you shoot with your non-dominant foot?

National standards

Standards 1&2: Dribbling; Shooting; Defensive strategy.

Standard 3: Cardiovascular fitness.

Standard 5: Participates responsibly; Accepts a challenge and enjoys activity.

