

Cones

Lesson Focus: to dribble and shoot the deck ring with proper form before the stop signal.

Deck Rings Hit 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.

Skills to review and demonstrate

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

Keeping head up and looking ahead while dribbling.

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

Getting started

Give each student a ring and have them scatter in general space.

Student Performance Objectives

Psychomotor: Students can dribble the rings with control and close to the body with the inside of the foot 80% of the time.

Students will keep heads up and look ahead while dribbling.

Students will use the inside of the foot when shooting the ring toward the cones.

Cognitive: Students can describe why toes are not used when dribbling and shooting.

Students can describe why the ring is kept close when dribbling.



Small space activity for grades

3-5

Begin the action

On “go” or when the music starts begin to dribble toward a cone.
Shoot at as many cones as possible before the signal or music stops.
Students may not hit the same cone twice.

Helpful hints

Encourage keeping the head up to navigate safely in general space.
Discourage shooting the ring with toes.

Recap

Why don't we kick the ring with our toes?
Why do we keep the rings close to us when dribbling?

* Challenge! *

Can you hit
more cones
in the second
round of play.

Can you shoot
with your
non-dominant
foot?



National standards

Standards 1&2: Dribbling; Shooting.

Standard 3 Cardiovascular.

Standards 4&5: Participates responsibly; Accepts a challenge.

