

# Simple Ball Handling

*Lesson Focus: to practice a variety of dribbling activities in general space*

## Simple Ball

### What you'll need

- Poly spots for home base
- A 7" or 8" playground ball or Jr. Basketball for each student. (or any kind of balls available to distribute).
- Music is optional (Sweet Georgia Brown).

### Skills to review and demonstrate

Reviewing the parts of the hand that gently push the ball (finger pads) without slapping the ball.

Bouncing hip high, eyes forward.

Dribble at 11 o'clock or 1 o'clock to avoid bouncing off toes.

Poly spot as the home base.

Returning to home base on the teacher's signal.

### Getting started

Ask the students to find a polyspot for themselves.

Distribute the balls (use the four colored square technique)

### Student performance objectives

Psychomotor: Students will perform a variety of ball handling skills in proper form 80% of the time.

Cognitive: Students can describe why it is important to look up while dribbling.





[Watch the Video](#)

Indoor or outdoor  
space for grades

3-5

## Begin the action

Demonstrate a variety of ball handling skills according to the skill levels in the class.  
Call the students to home base to get ready for the next skill.

## Helpful hints

Call out "Home Base" and countdown 5, 4, 3, 2, 1 to speed up the process of returning to home base.

Praise those who are back by the count of one.  
Encourage the stragglers to move more quickly.

## Recap

- What part of your hand actually (comes in contact with) bounces the ball?
- Why is it important to dribble while looking up?
- How high should we bounce the ball?

\* Challenge! \*

Play "Keep Away"  
Dribble in  
general space.  
Designated  
players will try  
to knock the ball  
away. Switch out  
players until  
everyone has a  
turn.

How many balls  
can you knock out  
before the  
signal?

## National standards

Standards 1&2 : Dribbling with dominant and non dominant hands; Strategy.

Standard 3 : Fully participates in all the activities.

Standards 4&5 : Participates responsibly; Accepts a challenge; Enjoys working with peers.