



LESSON #12

	Before the Players Arrive		After the Players Arrive
1	Arrive 15 min early	1	Greet parents and players as they arrive
2	Set up the equipment (balls, baskets)	2	Allow supervised free play
3	Perform a facility safety check	3	Blow the whistle and put players in teaching formation
4	Organize your teaching materials	4	Take attendance
5	Have a coaches meeting to review the days lesson	5	Review previous week's lesson

Active Warm Up Activity:

Red Light/Green Light

- Players spread long baseline with a ball, coach at center
- Coach calls out "Green Light", players dribble forward full speed
- Coach calls out "Yellow Light", players dribble forward at a slow speed
- Coach calls out "Red Light" players stop and get into a control dribble
- Players try to be the first to dribble to other end of court, if not in a control dribble on "Red Light", players are eliminated
- Repeat until one player left
- Play several times

Lesson #12 - Overview

- Introduce the life skill and fundamental skill of the day while the players stretch
- **Life Skill:** Teamwork (See Coaches Manual – Chapter 9.12)
- **Fundamental Skill:** Dribbling (Change of Direction)
- **Goal:** Dribble under control while changing direction

Teaching Points: Dribbling with Movement

Dribbling with Movement (Control Dribble, Speed Dribble)

- Dribble hand on top of ball with fingers as wide as possible
- Push ball to floor using fingertips (not palms)
- Elbow bent, wrist follows through
- As ball returns to hand, repeat the pushing motion

Change of Direction Dribble

- Plant outside foot, bend knees, lower centre of gravity
- Push off outside foot, step and transfer weight on to other foot
- Change pace-accelerate into change of direction

Activity:

Wave Dribble

- The players must react to the directions the coach points.
- Do not change too quickly at first; you want the players to move in the desired direction with some speed.
- Encourage players to keep their heads up.



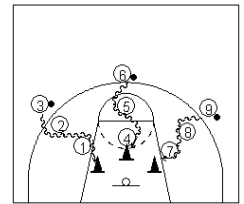
Speed Dribble

- Players in 3 lines on baseline, each with a ball
- On whistle, first 3 players dribble the ball with right hand full speed to the end of the court and back
- Repeat using left hand dribble
- Repeat using right hand there, left hand back



Dribble around teammates to score

- The players line up in lines of three.
- The player furthest from the basket weaves around the other two players, does a jump stop in front of the pylon and shoots the ball.
- The first time the defenders are static.
- The second time, the defenders can use their hands to knock the ball away.
- Have the dribbler attempt to keep his/her body between the ball and the defender.

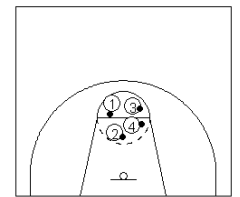


Change of Direction Dribbling Relay

- Players in three lines, four feet between players
- First player in line dribbles in and out of the line of players to the end, turns around and comes back running through the line of players
- First player tags the next player who goes to the front of line before repeating
- Allow every player a chance to run through the line

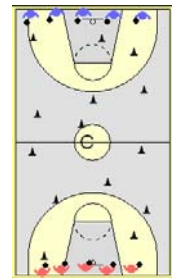
Keep Away

- Players in scatter formation with ball in a confined space.
- Players attempt to knock away other player's ball while maintaining control of their ball
- Do not punish the players for losing the ball; if the ball goes out of the space, retrieve it and start again.
- Restrictions can be placed on the are (full court, half court, 3-point line, key)



Memory

- Numbered pylons are placed randomly around the gym
- Underneath each pylon is a distinctive object or a playing card
- Each team is given a time limit in which to dribble around looking underneath each pylon; players must remember where each object is located
- The teams line up on their respective baselines
- Coach calls out an object or card
- One player from each team dribbles to the pylon and stand beside the one in which they think the object is located
- The team gets a point if the object is under the chosen pylon



Introduce and Play Modified Game:

1	On whistle, balls away, players sit quietly
2	Coach calls out teams, players go to coach, set up game
3	Play the game

Wrap Up:

1	Review the fundamental skill and life skill
2	Make any announcements
3	Thank everyone (players, parents, coaches, volunteers) for participating in SNYB
4	Hand out player certificates
5	End on a positive note (cheer), dismiss group

Post Lesson Tasks:

- Coaches debrief