

## Session 1 - Dribbling



### Icebreaker: Name Game (5 minutes)

- Ask each participant to come up with a word that describes them and that starts with the same letter as their first name (ie. Happy Holly, Bubbly Brooke, etc).

### Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

### Learn to Dribble (5 minutes)

- Leader demonstrates how to dribble
- Each participant practices with a ball so leaders can get an idea of where they are at

### Activity 1: Sharks and Minnows (10 minutes)

- Split the group into two
- The Minnows get the ball and are on the baseline
- The Sharks are spread out in the playing surface
- Minnows try to dribble from one of the playing surface to the other, Sharks try to steal the balls from the Minnows
- If a Minnow loses their ball, they can do five star jumps and then get their ball back
- After a few rounds, the Shark group becomes the Minnows and vice versa

### Activity 2: Dribbling Relay (10 minutes)

- Split group into two or more teams
- Set up a starting cone and a turn around cone for each team
- The first player uses their right hand only and dribbles the ball to the turn around cone, touches the cone then dribbles back to their team's line, passing the ball to the next player so that player can go, then the first player will sit down.
- Go until all the players from each team have gone through, focusing on ball control rather than speed
- Go through the relay one more time, but dribble with the left hand this time.

### Activity 3: Basketball Freeze Tag (10 minutes)

- Players must dribble a basketball while trying to avoid being tagged by the person who is it.
- If a player is tagged by the person who is it, they must freeze where they are with their arms out wide until another player runs under the player's arm while dribbling their ball
- Rotate the person who is it

### Game: Basketball (10 minutes)

- Split the group into two teams and let them play basketball

### Cool Down (5 minutes)