

Session 2 - Dribbling & Passing



Icebreaker: Find a Friend (5 minutes)

- Leader calls out for the participants to find a friend who... (ie. has the same favourite colour as you, has the same favourite animal, was born in the same month as you, etc).

Warm-Up (5 minutes)

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

Activity 1: Dribbling Drills (15 minutes)

- Cone dribbling - set up cones in a zig zag pattern and have students dribble their balls through the cones, going through the first time with their right hand and the second time with their left hand
- Speed dribbling - have students line up at one end of the gym and when you say go, have them dribble from one side to the other as fast as they can while maintaining control of the ball

Activity 2: Chest Pass (5 minutes)

- In pairs, have students practice the chest pass
 - Focus on
 - Stepping forward with one foot while passing
 - Using both hands to push the ball towards their partner
 - Following through with their thumbs pointing down, fingers pointed forward
 - Emphasize passing with control, aiming for their partner's chest, and catching the ball with two hands.

Activity 3: Bounce Pass (5 minutes)

- In pairs, students will practice the bounce pass
 - Focus on
 - Aiming for the floor about halfway between them and their partner
 - Ensuring the ball bounces before reaching the partner's hands
 - Proper footwork (stepping forward with the pass)
 - Remind students to follow through with their pass

Activity 4: Dribble and Pass Relay (10 minutes)

- Set up two teams and have them line up at opposite ends of the court
- The first player of each team will dribble to a set point (marked with cones), make a chest pass to the next player, then run to the end of the line
- The next player receives the pass, dribbles, and then makes another pass to the next player
- Each player goes through twice before sitting down
- Emphasize quick and accurate passes, dribbling with control, and communication between teammates

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Game: Basketball (10 minutes)

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

Cool Down (5 minutes)

