

## Session 4 - Dribbling and Layups



### Team Building: (5 minutes)

- **Hula Hut Challenge**
  - In teams, students build a hula hut and carry it from one end of the gym to the other

### Warm ups (5 minutes)

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

### Dribbling Relay (5 minutes)

- Divide students into groups
- Set up cones in a zig zag pattern
- Each student dribbles through the cones and then passes to the next person
- Focus on controlling the ball and keeping your head up

### Basketball Simon Says (10 minutes)

- Play a game of “Basketball Simon Says” with commands related to basketball skills (ie. dribble the ball, find a partner and pass the ball, shoot the ball on net, etc)

### Learn to Shoot a Layup (15 minutes)

- Leaders demonstrates how to shoot a layup (for right handed shooters)
  - Catch the ball landing with your left foot
  - Step forward with your right foot
  - Jump off with your left foot
  - Drive forward with your right knee
  - Simultaneously, bring the ball up with your right hand
  - Lay it up softly
- Split the group into groups, one group at each net
- Participants line up and leader passes them the ball then they practice their layups

### Game: Basketball (15 minutes)

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

### Cool down (5 minutes)