

SPORTS · GRADES 4–6

# Basketball Introduction

Dribbling &amp; shooting basics

## Equipment

• 1 basketball per 2 children • Basketball hoops (or high targets) • Cones for marking • Indoor hall or outdoor court

## Warm-up (6 minutes)

1. Light jogging + side-steps (2 min) 2. Arm circles, shoulder rolls (2 min) 3. Ball handling: roll ball around body, bounce and catch (2 min)

## Skill focus

<p><b>Dribbling technique</b></p> <p>Use fingertips, not palm. Push ball down, don't slap. Keep head up. Start stationary, then walking, then jogging. Practice with both hands.</p>	<p><b>Shooting form</b></p> <p>Square feet to basket. Ball in shooting hand, other hand guides. Push up and through, flick wrist downward. Follow through like reaching into cookie jar.</p>
<p><b>Game: Dribble tag</b></p> <p>Everyone dribbles in area. If tagged, do 5 stationary dribbles before rejoining. Focus: protect ball while moving, head up to see space.</p>	

