

SPORTS & GAMES · GRADES 3–5

Basketball — Dribbling

45-minute lesson plan

Lesson at a glance

Time	45 minutes
Equipment	1 basketball per child (or share — group pairs); 12+ cones; 2 hoops if outdoor
Space	Hall, playground or court
Aim	Dribble with control with either hand, head up.

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog around with the ball — high knees, side steps, skip-jumps. Then 30 seconds bouncing the ball in place — right hand only, left hand only, alternating.</p>	<p>Drill 1 — Stationary dribble (5 min)</p> <p>Each player dribbles in their own space. Coaching: PUSH the ball with fingertips (not slap), bounce around hip height, eyes up looking at the teacher. Teacher holds up fingers — kids call the number.</p>
<p>Drill 2 — Dribble around cones (10 min)</p> <p>Set up a slalom of 8 cones. Children weave through with the ball. Walking pace first, then jogging. Right hand on the way out, left hand on the way back.</p>	<p>Drill 3 — Dribble race (10 min)</p> <p>Two teams. Dribble to a cone, around it, back. Pass to next team-mate. First team back wins. Disqualify any team where someone loses control of the ball.</p>
<p>Game (10 min)</p> <p>Sharks and Minnows. One 'shark' in the middle — others must dribble across the area without losing the ball. If shark touches your ball, you become a shark too.</p>	<p>Cool-down (5 min)</p> <p>Walking lap. Reflection: what's harder, dribbling on the move or standing still? Why?</p>

