

Description of Activity

Arrange pupils in pairs (A and B) with one basketball and one hoop per pair. Pupils place the hoop on the ground between them. Pupil A dribbles the basketball on the spot and when they are ready, they bounce pass the ball to their partner by bouncing it into the hoop. Pupil B continues to dribble and then bounces the ball into the hoop back to partner A again. Progress to bouncing it back immediately with either hand.



Variations

- To simplify the activity, invite pupils to catch the ball and reset, or throw the ball into the hoop rather than bounce it.
- Introduce the use of the non-dominant hand only.
- Try the activity while hopping on one leg only.

Equipment

An open playing area, basketballs, hoops



- Ensure there is adequate space between the groups.
- Encourage pupils to bounce the ball with enough force so that it reaches hip height.
- Pause the activity at intervals to focus on the teaching points for striking with the hand in the lesson. Invite a pupil to demonstrate correct technique, allow pupils to practise in isolation and then return to the activity. Provide feedback to individuals while they perform the striking action during the activity.



- Practise dribbling a ball at home.



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