

## Objective

By the end of this lesson, you will be able to improve your basketball skills through fun and engaging activities.

## Materials and Prep

Materials needed: basketball, basketball hoop, open space to play.

Prior knowledge: Basic understanding of basketball rules and techniques.

## Activities

- **Warm-up Dribbling Drills:** Practice dribbling the basketball with your dominant hand, then switch to your non-dominant hand. Challenge yourself by dribbling around cones or markers.
- **Shooting Practice:** Stand a few feet away from the hoop and practice shooting the ball using proper shooting form. Keep practicing to improve your accuracy.
- **Passing Accuracy Game:** Set up targets on the ground and practice passing the ball to hit those targets. You can make it a competition with yourself or a family member.
- **Mini 1-on-1 Game:** Play a friendly 1-on-1 basketball game with a family member or friend. Focus on using the skills you've practiced during the lesson.

## Talking Points

- "Dribbling is like bouncing the ball while you move. It helps you keep control of the ball during the game."
- "Shooting is how you score points in basketball. Remember to aim for the back of the rim for better accuracy."
- "Passing is when you throw the ball to a teammate. It's important to pass accurately so your teammate can catch the ball easily."
- "Playing 1-on-1 helps you practice your skills in a game-like situation. Remember to have fun and try different moves!"