

Objective

By the end of this lesson, the student will be able to demonstrate basic basketball skills and knowledge.

Materials and Prep

- Basketball
- Open space to practice
- Water bottle for hydration
- Comfortable athletic clothing and shoes

No prior knowledge or experience required.

Activities

- Warm-up: Start with a light jog around the practice area to get the heart rate up and muscles warmed up.
- Ball Handling Drills: Practice dribbling the basketball using both hands. Start with stationary dribbling and then progress to dribbling while moving around the practice area.
- Shooting Practice: Set up a target, such as a hoop or a designated spot on a wall, and practice shooting the basketball from different distances. Focus on proper shooting technique, including hand placement and follow-through.
- Passing and Catching: Practice passing and catching the basketball with a partner or against a wall. Start with simple chest passes and progress to bounce passes and overhead passes.
- Mini Game: Divide into teams and play a mini game of basketball. Focus on applying the skills learned during the practice activities, such as dribbling, shooting, and passing.

Talking Points

- Basketball is a fun sport that involves dribbling, shooting, and passing.
- Dribbling is the skill of bouncing the basketball with your hand while moving. It helps you control the ball and move around the court.
- When shooting the basketball, remember to aim for the target and use your legs to generate power.
- Passing is when you throw the basketball to a teammate. It's important to communicate with your teammates and make accurate passes.
- Playing mini games helps you apply the skills you have learned and work as a team.
- Remember to stay hydrated during physical activity, so don't forget to drink water.
- Practice makes perfect! The more you practice, the better you will become at basketball.