

Warm-ups

Coaching

Tunnel run

1. Mark out a large, long rectangle area with the cones.

2. Mark the corners of the tunnel, then the half cones.

3. Choose 2-3 players to stand across the middle with the balls ('flickers').

4. The rest of the class (players) form a tunnel.

5. The aim of the game is to run to the other side without getting to a ball.

6. On 'GO!', the flickers must try to dribble the ball.

7. The defenders run to the other end, blocking the ball.

8. Flickers kick the ball to the cones or outside, try to kick them below the shoulder.

9. Flickers must kick from behind the sideline cones.

10. If you do not get to the ball, you are not and become a flicker on the sideline.

11. Keep going round by round (end-to-end) - the last player remaining wins.

Tail tag

1. Give each player a ball, or something that can be tucked into your shorts like a ball.

2. Your 'tail' must be long, at least down to your knees.

3. Everyone finds their own space in the playing area.

4. The aim of the game is to steal other players' tails.

5. On 'GO!', your run around and try to steal another player's tail.

6. If you catch someone's tail, hold onto it and keep on a queue.

7. If you fall gets taken, you are still in the game, and try and get another tail back.

8. If you fall a queue back, you can re-join if you fall again.

9. You are not allowed to hold onto your own tail as you are moving around.

10. Play for 5-10 minutes, give 2 points for every tail you have at the end - play multiple rounds.

Ball work

Coaching

In pairs, dribbling and practicing specific skills

1. Get the class into pairs - each pair needs 1 ball.

2. Each pair needs a starting cone. Once layout the activity - have the pairs stand at their cones.

3. Each of the diagrams shows the layout and equipment per pair - have pairs lined up at their cones.

4. Take it in turns to complete the task.

Ball work

1. Put out a hoop about 8-10m ahead of the starting cone.

2. Bounce the ball across your body (left-to-right) from left hand to right hands every bounce up towards the hoop.

3. At the hoop, put the ball around your belly 5 times, then dribble back and pass to the hoop, put the ball around your legs, or around your head.

4. Bounce the ball through your legs every step.

5. Put the cone and the witch hat about 4-5 meters apart.

6. The player at the cone is the feeder, who passes the ball to the left side of hat, then the right side, and keeps going left to right.

7. The player at the witch hat is the passer, who passes the ball to the feeder.

8. The pass is: dribble to the left, touch the ground, touch the cone, touch the feeder.

9. Catch & change.

10. Passes & run around.

11. Put the cone and the witch hat about 10m apart.

12. The player at the cone is the feeder, who passes the ball to the left side of hat, then the right side, and keeps going left to right.

13. The player at the witch hat is the passer, who passes the ball to the feeder.

14. The pass is: dribble to the left, touch the ground, touch the cone, touch the feeder.

15. Catch & change.

16. Passes & dribbling.

17. Put the cone and the witch hat about 10m apart.

18. The player at the cone is the feeder, who passes the ball to the left side of hat, then the right side, and keeps going left to right.

19. The player at the witch hat is the passer, who passes the ball to the feeder.

20. The pass is: dribble to the left, touch the ground, touch the cone, touch the feeder.

21. Catch & change.

22. Passes & dribbling.

23. Put a witch hat out 5-6m ahead of the starting cone, then another cone 5m ahead.

24. Dribble up and when you get to the witch hat, stop and dribble to the right, but then dribble to the left, touch the ground, touch the cone, touch the feeder.

25. Practice spinning both ways - left and right.

Warm-ups.

Ball work.

Warm-ups

Coaching

Ball work

1. Have the players walk at the hallway line in different ways: Lying down in a press-up position. Sitting. Laying on your back.

2. Instead of tagging, each player tucks a ball into their shorts; players must try to pull out the ball (tag).

3. Factor call out one of their 'roles'.

4. If your roles are called, you must turn and run to your role and one line before going to the other team.

5. For example if the teacher called 'free', then the red team players turn and their roles, and the blue team then turn to try and tag.

6. Everyone needs back to the middle.

7. After a few rounds by some of the variations below:

8. and an ice cream cones.

1. Mark out a large rectangle area with 4 different cones.

2. Mark out the middle of the area with a ball & a cone.

3. The aim of the game is to dribble as quick as you can.

4. Everyone dribbles their own ball around the cone.

5. The teacher calls out to dribble, and you must quick as you can to the middle of the cone.

6. Everyone dribbles around the cone, touching the ball.

7. After a few rounds, you can change the cones.

8. Play multiple rounds, you can change the cones.

Drills.

1. Mark out a large rectangle area with 4 cones.

2. Mark out the middle of the area with a ball & a cone.

3. The aim of the game is to dribble as quick as you can.

4. Everyone dribbles their own ball around the cone.

5. The teacher calls out to dribble, and you must quick as you can to the middle of the cone.

6. Everyone dribbles around the cone, touching the ball.

7. After a few rounds, you can change the cones.

8. Play multiple rounds, you can change the cones.

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3. The aim of the game is to dribble as quick as you can.

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8. Play multiple rounds, you can change the cones.

Ball work

Coaching

1. Put the cone and the witch hat about 10m apart.

2. The player at the cone is the feeder, who passes the ball to the left side of hat, then the right side, and keeps going left to right.

3. The player at the witch hat is the passer, who passes the ball to the feeder.

4. The pass is: dribble to the left, touch the ground, touch the cone, touch the feeder.

5. Catch & change.

6. Passes & dribbling.

7. Put a witch hat out 5-6m ahead of the starting cone, then another cone 5m ahead.

8. Dribble up and when you get to the witch hat, stop and dribble to the right, but then dribble to the left, touch the ground, touch the cone, touch the feeder.

9. Practice spinning both ways - left and right.

10. Passes & dribbling.

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19. Practice spinning both ways - left and right.

20. Passes & dribbling.

Modified Games.

Stations & Relays.

Modified Games

Coaching

1. Mark out a large rectangle area with 4 cones.

2. Mark out the middle of the area with a ball & a cone.

3. The aim of the game is to dribble as quick as you can.

4. Everyone dribbles their own ball around the cone.

5. The teacher calls out to dribble, and you must quick as you can to the middle of the cone.

6. Everyone dribbles around the cone, touching the ball.

7. After a few rounds, you can change the cones.

8. Play multiple rounds, you can change the cones.

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Stations & Relays

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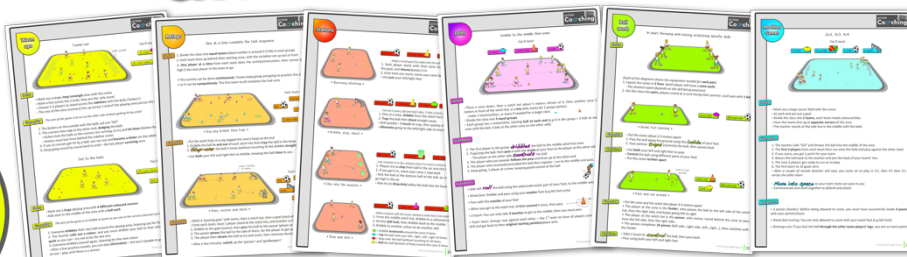


Thank you so much for previewing the 'Elementary Basketball PE lessons' pack.

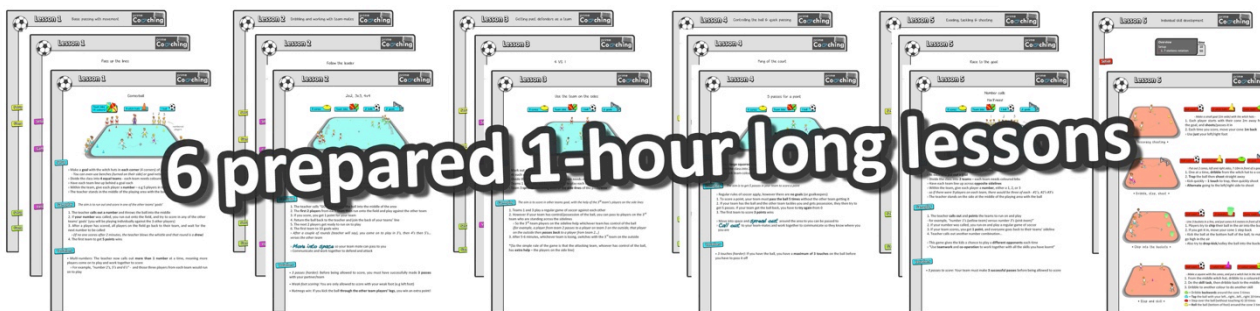


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