

DRIBBLE LEADERS

Grades: 3-8

EQUIPMENT

- 1 basketball per student
- Music and music player (optional)

SET-UP

- Students stand in personal space, each holding a basketball.
- Select 4 student leaders.
- Each student leader stands on 1 of the 4 perimeter sidelines.

OBJECTIVE

- To mirror the basketball actions of each student leader.

DESCRIPTION

- Today's activity is called Dribble Leaders.
- You will begin the activity facing in any of the 4 student leaders standing on a sideline. *(Teachers: with younger students, begin facing the same direction. Add the scattered directional challenge as they demonstrate an understanding of the activity.)*
- On the start signal, follow the dribble movements of the leader you are facing.
- Continue following the same leader, until you hear the stop signal. On the stop signal (every 30 to 60 seconds), turn your body 90 degrees to face the next leader on the sideline.
- Continue on the start signal.
- Suggestions for student leaders. These are only suggestions. As the leader it is your job to lead!
 - Perform ball handle skills such as body circles, figure-8s, fingertip taps.
 - Dribble with different hands or on different sides of the body.
 - Practice crossover dribbles to the beat of the music.
 - Practice tricks like between the leg or behind the back.

FUN HEART HEALTH INFO

- The cardiac conduction system is an electrical system that controls the rhythm of your heart. You're electric!