

BALL HANDLING & DRIBBLING STATIONS

Printable Lesson Kit



PE  POWERPACK



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BALL HANDLING & DRIBBLING STATIONS

This resource includes 12 printable station cards with a focus on *Ball Handling and Dribbling Skills*.

The great thing about station work is the freedom of students to explore various levels of skill with little anxiety.

Kids who are new to a sport or skill do not feel the pressure of having the entire class watch them perform. At the same time, more experienced athletes can challenge themselves and polish their skills.



Equipment

Refer to the 'station setup guide' to see what equipment is needed for each activity. Most require no equipment.



Setup

1. Print and laminate each of the station posters.
2. Decide which posters you will be using and how long you will have the kids stay at a station before rotating. (We recommend about 3-5 minutes.)
3. Set up your stations by attaching each poster to the wall or to a tall cone. Add any necessary equipment. Spread your stations out so students will have enough space to perform the activity safely.
4. Introduce your students to each station. Teach the relevant skills, explain how long they will spend at each station and where they will rotate next.
5. Place the students in even groups and divide them up between the stations.
6. Blow your whistle to have the students begin. Put on some fun, upbeat music. Walk around to answer questions and help students complete the activities.
7. After the set time has elapsed, blow the whistle again and have the students rotate to the next station. Continue for the duration of your session.



SETUP GUIDE

	STATION NAME	EQUIPMENT	HOW IT WORKS
1	Machine Dribble	Basketball or similar size bouncy ball	Dribble the ball as fast and hard as you can using your right hand only.
2	Killer Crossover	Basketball or similar size bouncy ball	Dribble the basketball back and forth between your right and your left hand.
3	Zig Zag Dribble	Basketball or similar size bouncy ball	Dribble the ball between 4 cones in a zig zag motion.
4	Triangle Dribble	Basketball or similar size bouncy ball	Dribble the ball forwards, backwards, then sideways in a triangle pattern.
5	Wall Dribble	Basketball or similar size bouncy ball	Extend your arm and dribble the ball quickly off the wall.
6	2 Ball Dribble	2 basketballs or similar size bouncy balls	Dribble 2 balls at the same time without losing control.
7	Right To Left Tap	Basketball or similar size bouncy ball	Tap the ball back and forth between your two hands 20 times
8	Through the Legs Dribble	Basketball or similar size bouncy ball	Dribble the ball back and forth through your legs while standing still.
9	High Low Dribble	Basketball or similar size bouncy ball	Do 5 waist high dribbles, followed by 5 ankle high dribbles
10	Speed Dribble	Basketball or similar size bouncy ball	Dribble the ball while running forwards, going from end line to end line.
11	Backward Dribble	Basketball or similar size bouncy ball	Dribble the ball while walking backwards, going from end line to end line.
12	Keep Away	Basketball or similar size bouncy ball	Dribble the ball around your station while your partner tries to steal it.
13	Figure 8 Dribble	Basketball or similar size bouncy ball	Dribble the ball in a figure 8 pattern around and through your legs.

MACHINE DRIBBLE



INSTRUCTIONS:

Stand in one place and dribble the ball as as fast as you can using your fingertips to control the ball. Do 20 with your right hand then 20 with your left hand. Rest and repeat.



KILLER CROSSOVER



INSTRUCTIONS:

Stand in one place and dribble the ball back and forth between your right and your left hand. Try some low crossovers and some high ones.



ZIG ZAG DRIBBLE



INSTRUCTIONS:

Start at the first cone and dribble between the cones in a zig-zag pattern. Dribble with your right hand as you move to the right. Dribble with your left hand as you move to the left.

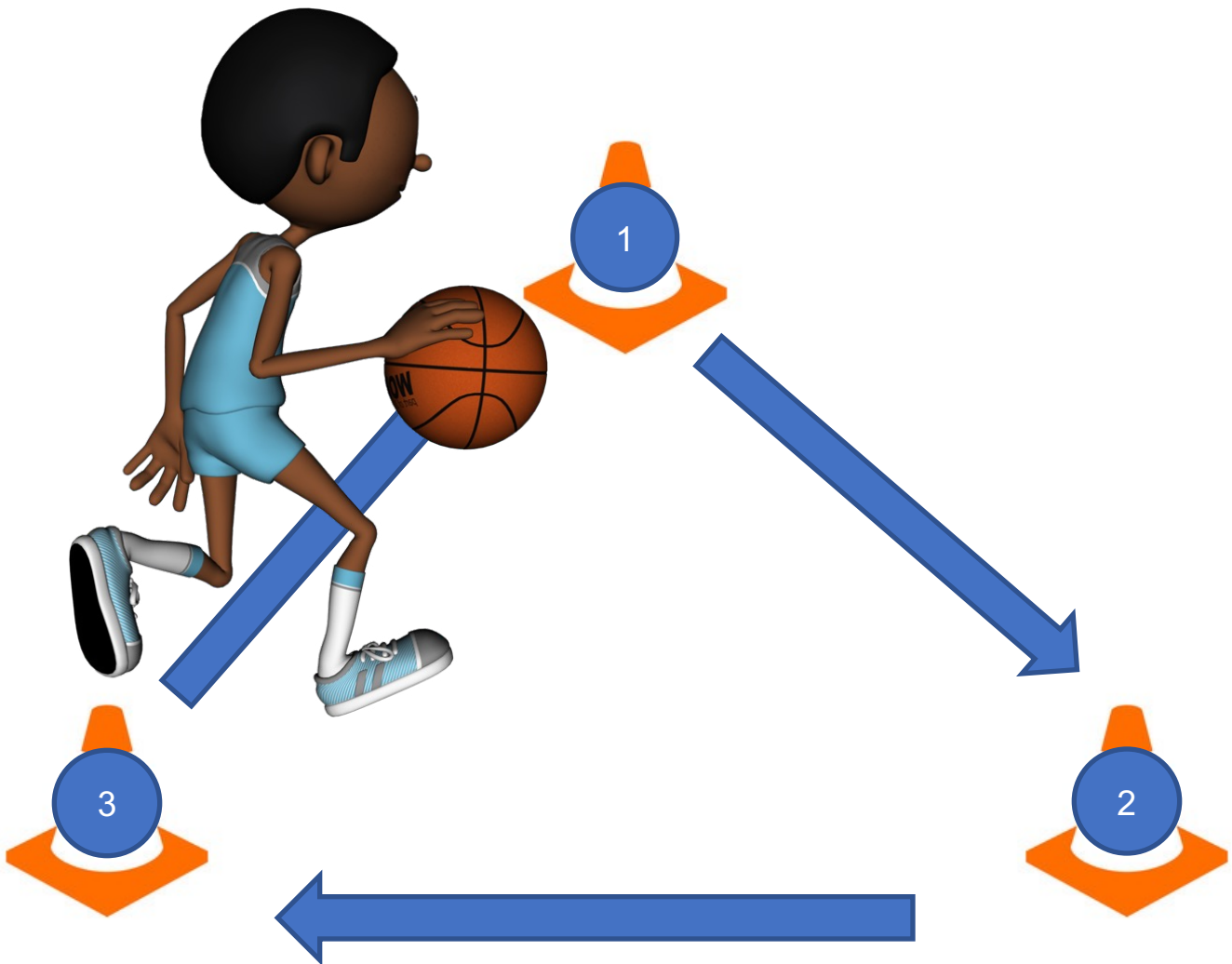


TRIANGLE DRIBBLE



INSTRUCTIONS:

Dribble while moving forward to cone 1. Then dribble while moving backwards to cone 2. Finally dribble while moving sideways to cone 3. Do 5 circuits going one way, then 5 circuits going the other way.

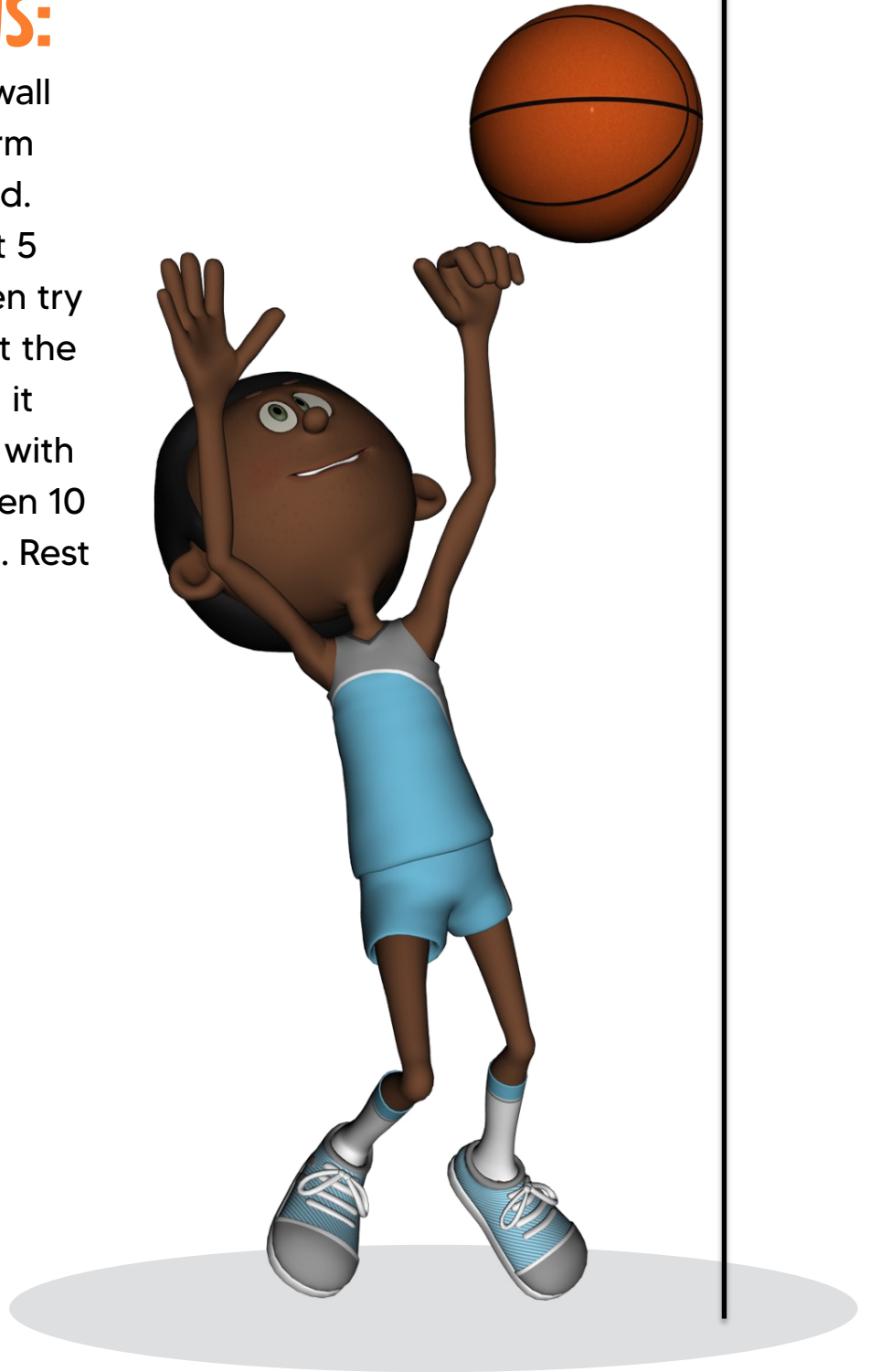


WALL DRIBBLE



INSTRUCTIONS:

Stand against the wall and stretch your arm up above your head. Hold the ball about 5 inches the wall, then try to dribble it against the wall without letting it fall! Do 10 dribbles with your right hand, then 10 with your left hand. Rest and repeat.



2 BALL DRIBBLE



INSTRUCTIONS:

Grab 2 balls and try to dribble them at the same time without losing control. You can dribble so they hit the ground at the same time, or alternate them up and down.



RIGHT TO LEFT TAP



INSTRUCTIONS:

Tap the ball back and forth between your hands without letting it fall to the floor. Try to do it 20 times in a row. Rest and try again.



THROUGH THE LEGS DRIBBLE



INSTRUCTIONS:

Using your right hand, dribble the ball backwards through your legs to your left hand. Your left hand will control the dribble through the legs. Without stopping, your left hand will now dribble the ball back to the right hand. Keep going back and forth as long as you can.



HIGH-LOW DRIBBLE



INSTRUCTIONS:

From a standing position, do 5 waist high dribbles, followed by 5 ankle high dribbles. Do this 5 times with your right hand, then 5 times with your left hand. Rest and repeat.



SPEED DRIBBLE



INSTRUCTIONS:

Run back and forth dribbling the ball from end line to end. Do 5 lengths with your right hand. Then 5 lengths with your left hand.



BACKWARD DRIBBLE



INSTRUCTIONS:

Dribble the ball while walking backwards, going from end line to end line. Look over your shoulder to make sure you don't crash! Do 3 lengths with your right hand and 3 lengths with your left hand.





INSTRUCTIONS:

Find a partner and pick up a ball. Dribble the ball around your station while your partner tries to steal it. Use your body to shield the ball from the defender. Switch places after about 30 seconds.



FIGURE 8 DRIBBLE



INSTRUCTIONS:

Stand with your feet wide apart. Try to dribble the ball in a figure 8 pattern around one leg, through your legs, then back around the other leg.

