

# Leader Bounce

Home Fun - Dribble



## Organisation

### Equipment:

- 1 medium sized basketball or netball
- 1 hoop or circle drawn on the ground

### Set up and Timing:

- Hard open space
- 10 minutes



## Learning Experience

### Instruct students to:

- Place a hoop on the ground or draw a circle on concrete.
- Parents/carers instruct the child how many bounces to do in the hoop or circle.
- Parent can change the call from right hand to left hand frequently.
- Repeat 5 times then swap roles.
- Repeat using the opposite hand.



## Teaching Tips

### Teaching Tips:

- Correct DRIBBLE technique:
  - Contact ball with one hand at about hip level.
  - Pushes ball with fingertips (not a slap)
  - Ball contacts surface in front of or to the outside of foot on the preferred side.
  - Maintains control of ball without having to move feet to retrieve it.