

● **You'll need:** basketballs, cones

● **You can play:** outside, in the gym, on the blacktop

## Game 1

### Can you Dribble...?

Provide each player with a basketball. Have players move around the space practicing dribbling with one or two hands. When they are comfortable ask them "Can you dribble: backwards, opposite hand, really close to ground, really high, when walking in a circle, as fast as you can, etc." Give players time to try various challenges.



Challenge players to dribble with their nondominant hand



Start with simple calls and increase difficulty as players become more comfortable

## Game 2

### Red Light, Green Light, Yellow Light

Provide each player with a basketball and ask them to spread out in the play area. Leader or teacher stands in the middle of the play area with a red, green, and yellow object. When leader/teacher holds up and calls out green everyone dribbles around quickly. On red, everyone must freeze with their ball in two hands. On yellow, try dribbling in slow motion (bounce then catch) or try alternating left and right hand depending on skill level. To increase the difficulty, teacher or leader can simply hold up the coloured object without giving a verbal cue. This way players must practice keeping their eyes up so they can see what colour it is.



Challenge players to move backwards or dribble with their nondominant hand



Allow players to use two hand while dribbling if they are having trouble controlling the ball

## Game 3

### Team 10 Pass

Have all players line up along one side of the playing space with the instructor at the other end. The instructor is the security guard and will have treasure on their end of the playing space; when their back is turned the players may sneak towards them in attempt to steal one piece of treasure. When the security turns around to look players must freeze like a statue and hold on to their ball.



Have players try to sneak back with their treasure. If they are caught moving with their treasure they must give it back



Allow players to have a free run back when they successfully grab a piece of treasure

## Mindfulness



### Calm Bodies