

**Recap: What do we know about basketball?**

## **Lesson 1/6**

# **To introduce dribbling a basketball under control whilst stationary**

### **Success Criteria**

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**To be able to:**

- **Dribble the ball under control with both hands**
- **Bend their knees slightly and keep the ball moving at waist height**
- **Dribble the ball in all directions**

**Recap: To introduce dribbling a basketball under control whilst stationary**

**Lesson 2/6**

# **To introduce the rules of dribbling a basketball**

## **Success Criteria**

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**To be able to:**

- **Understand the terms of 'travelling' and 'double dribble'**
- **Use their body/other arm to protect the ball whilst dribbling**

**Recap: To introduce the rules of dribbling a basketball**

**Lesson 3/6**

# **To introduce passing a basketball whilst stationary**

## **Success Criteria**

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**To be able to:**

- **Know the technique for passing the ball from their chest to a partner**
- **Chest pass the ball to a partner over a variety of distances**
- **Cushion the ball into their chest when catching**

**Recap: What do we know about football?**

**Lesson 4/6**

# **To introduce dribbling a football using their feet**

## **Success Criteria**

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**To be able to:**

- **Dribble the ball with their feet, keeping it under control**
- **Move in a variety of directions whilst keeping the ball under control**

**Recap: To introduce dribbling a football using their feet**

## **Lesson 5/6**

# **To introduce turning/ changing direction using different surfaces of the foot whilst up against a defender**

### **Success Criteria**

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**To be able to:**

- **Change direction with the ball whilst moving**
- **Turn with the ball using different surfaces of the foot**
- **Understand to keep their knee bent when changing direction, to be able to push away with speed**
- **Start the turn slow then push away fast**

**Recap: To introduce turning/changing direction using different surfaces of the foot whilst up against a defender**

**Lesson 6/6**

# **To introduce passing the ball over a short distance**

## **Success Criteria**

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**To be able to:**

- **Understand where they need to contact the ball to pass it correctly**
- **Know how to stand and approach the ball to pass it**
- **Aim a pass at a partner over a short distance**