

Age: 1.5-3		Sport: Basketball	
Duration: 45 mins	Physical Skills: Dribbling, Shooting, Passing	Social Skill: Goal Setting	Stickers: Basketball, Goal Setting

Review Basketball Sport Resources Alongside Lesson Plan [HERE](#)

Welcome!

1. Introduce the sport - holding out basketball
2. Talk about the actions we do in basketball
3. Introduce the social skill
3. Talk about what [goal setting](#) is and how we use it

Social Skill

Intro

- [Goal Setting](#) means trying to get better at something step by step to help us improve and succeed.
- Does anyone know what [Goal Setting](#) looks like?
 - Trying your best every time
 - Working on one skill at a time
 - Not giving up when something is hard
 - Celebrating improvement because practice helps us get better

WARM UP

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

Physical Literacy Skill

- ★ [Galloping](#)
- Rhythm: Step (with lead foot), Together (back foot follows), Step, Together
- Step one leg out in front of your body - this is the leading foot
- The back foot follows and steps forward to meet the leading foot - the back foot is always chasing the lead leg but never goes in front of it
 - The fox (back foot) never catches the rabbit (lead foot)
- Practice galloping in different pathways - zig-zag, circles, around cones
- Add challenges - around obstacles, in different directions, changes in speed

Island Tag!

Equipment

- ☐ [Cones, Hula Hoops](#)

Key Points

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- Create a large boundary using cones that players must stay within (if needed)
 - Place 3-5 hula hoops around the playing space - these will be the 'islands' which are safe zones
 - The coach will start as IT and the rest of the players will run around the space freely
 - Players can use the islands to protect themselves from being tagged BUT can only stay on an island for 5 seconds
 - Players cannot go to the same island back-to-back and must continue to run around and visit a new island each time
 - If tagged, they also become IT and try to tag the remaining players
 - The last player standing wins the round
 - Reset and play again; aim to play 3-4 rounds, alternating who starts as IT each time

PHYSICAL SKILLS

Gimme Five - Dribbling Warm-Up!

Equipment	☐ Basketballs
Key Points	→ Each player starts with a basketball and spreads out in the playing area with their parent → Players will practice dribbling around the space with their parent → When the coach calls "Gimme Five!", players freeze the ball and quickly find a player to give them a high five → After the high five, players continue dribbling around the area → Change the challenge throughout the game by calling different actions (e.g., "Gimme Elbow!", "Gimme Fist Bump!", "Gimme Toe Tap!") before players return to dribbling EXAMPLE
Passing!	
Equipment	☐ Basketballs
Key Points	→ Introduce the kids to how you pass the ball in basketball ◆ Explain that there are two types: chest and bounce passes ◆ Demonstrate how you can do a bounce pass (once on the ground between the two players) or a chest pass (directly from the chest of one player in the air to the other) → Players will each have their own ball and will find their own space in the gym with their parent → Players will practice both types of passes with their parent - the parent will say either 'chest' or 'bounce' and the player will complete that type of pass
SOCIAL SKILLS	
Let's Score!	
Equipment	☐ Targets, basketballs
Key Points	→ Set up the basketball targets on the walls, above head height for the kids → Each player will have their own ball → Players will run or dribble freely around the space, moving to do different targets and practicing throwing the ball at the target → Emphasize goal setting by having players pick a number of how many times they're going to hit the target
Adaptation	• Add different obstacles in front of each target to extend the activity ○ Cones to weave through ○ Spot markers to hop on ○ Etc.
FUN ACTIVITY	
Sharks and Minnows!	
Equipment	☐ Cones
Key Points	→ Use cones to create a boundary if the playing in a large space → Players will line up on one side - they will be the minnows → The coach will start in the middle - they will be the shark → On the coach's signal, minnows run across to the opposite end while trying to avoid being tagged by the shark → If a player is tagged, they join and become a shark in the next round
WRAP UP	
Huddle & Review!	

Review	→ Who can tell me what actions we practiced in basketball today (i.e.dribble, pass, shoot)? → What social skill did we work on today? → Yes, goal setting! Can I hear everyone say “goal setting”?
Cheer	• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY! • Be as LOUD as you can!
Stickers	★ Hand out Basketball and Goal Setting stickers