

Age: 3-5 / 5-7		Sport: Basketball	
Duration: 55 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

- ★ **Jumping**
- Practice bending your knees and standing back up
- Try small jumps in place with both feet together - practice landing softly with bent knees like a quiet ninja!
- Try big jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really high like a spaceship taking off into space!
- Try far jumps with both feet together, swinging the arms back and big bend in the knees - practice jumping really far and powerful like a kangaroo

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
 - 1-2 players 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	☐ Cones, basketballs Key Points → Each player starts with a basketball and spreads out in the playing area → Players dribble continuously while moving around the space and avoiding others → When the coach calls "Gimme Five!", players quickly find a partner and give them a high five while maintaining control of their basketball → After the high five, players immediately 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
Construction Site!	
Equipment	☐ Cones, basketballs Key Points → Set up a square playing area using 4 tall cones as the boundary → Scatter ~20 cones inside the area, with half upright and half upside down → Give each player a ball and divide the group into Builders and Bulldozers → Builders: Dribble while turning cones upright → Bulldozers: Dribble while turning cones upside down → Allow 1–2 minutes of practice so players understand their roles → Play a 1-minute round while players dribble continuously → At the end of the round, count the cones: Builders win if more cones are upright, Bulldozers win if more cones are upside down → Swap roles and repeat for another round! EXAMPLE
SOCIAL SKILLS	
Sharks and Minnows!	
Equipment	☐ Cones, basketballs Key Points → Each player starts with a ball and lines up along one sideline of the gym (use cones to create clear boundaries if needed) → Explain that the players are minnows trying to swim across the ocean, while the coaches start as the sharks → On your signal, minnows dribble across to the opposite sideline while avoiding the sharks → Sharks attempt to knock the minnows' balls away using controlled defensive taps → If a shark knocks a minnow's ball away, that player becomes a shark for the next round → Minnows who make it safely across wait on the opposite sideline until the round is complete → Continue playing, with more sharks added each round, until every player has become a shark → Emphasize leadership by encouraging players to try their best each round and not getting upset if their ball gets knocked out EXAMPLE
Make It, Take It!	
Equipment	☐ Cones, basketballs Key Points → Set up 1 basketball hoop and divide players into 2–3 teams → Have each team line up behind a cone a few feet from the hoop → Place a pile of 15–20 cones a few feet behind the teams → The first player in each line starts with 1 ball → On the coach's signal: The first player in each line steps up to the hoop to shoot the ball. After shooting, each player retrieves their own rebound and passes the ball to their next teammate in line

Adaptation	→ If the shot is successful (goes in the hoop), the shooter runs to the cone pile, collects 1 cone, and brings it back to their team → Continue until all cones have been collected → The team with the most cones at the end wins → Emphasize goal setting by encouraging players to set a goal with their team for how many points (cones) they want to get together EXAMPLE • Variation: Split players into partners, each pair with 1 ball. Create one pile of cones (this will be for the entire group). Have all pairs line up along one side of the gym (use spot markers to create clear passing spots for each pair to stand on). In their partners, players will complete 5 successful passes (chest passes or bounce passes). Once 5 passes are complete, the player with the ball will turn and dribble to the hoop and shoot on the net. They get 2 attempts to make a successful shot. If successful, the player takes a cone from the pile and returns to their partner (with cone and ball). Players continue the passes/shooting attempts until all the cones are gone. Once cones are gone, the coach yells stop and the team with the most cones wins.
FUN ACTIVITY	
Fire and Ice Tag!	
Equipment	☐ Cones, volleyballs Key Points → Create a large boundary using cones that players must stay within → Choose 1-2 players who will be IT - they are the “freezers” and have “ice powers” → Choose another 1-2 players (can be coaches) who have the fireball to unfreeze players → Players with the fireball cannot be frozen → If you are frozen, players with the fireball can chest-pass you the ball and if you catch it you are unfrozen → If the fireball is not caught when passed, it must be redone until it is caught successfully Adaptation • Simplify by changing to a bounce pass • Progression: If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen (player with fireball is tagged), it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).
WRAP UP	
Huddle & Review!	
Review	→ Who can tell me what actions we practiced in volleyball 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