

Lead Up Skills for Corner Ball

Summary

Students will get an opportunity to practice the skills necessary to participate successfully in Corner Ball.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

1 soft 6" gator ball for every 2 players, 4 large 44 gallon garbage cans, 16 polyspots, 4 cones

Intended Learning Outcomes

Students will demonstrate competency in throwing, catching and shooting skills while performing drills for Corner Ball.

Instructional Procedures

Place the garbage cans in each corner of the gym or playing space. Place the polyspots around each can to mark a square area about 3 yds X 3 yds to be called the forbidden zone.

Start by having students pair up with one ball per pair. Have students warm up by jogging around the perimeter of the gym next to their partner. They will toss the ball back and forth with their partner as they jog. Stress that the thrower is responsible for the completion and let them practice not running with the ball. Players are only allowed 3 steps to stop after receiving the ball while running, and no steps if they catch it while stationary.

Divide the class into 4 lines at the far end of the gym space. Students will pair up with the player opposite them and lines should be about 5 yards apart. While taking turns, have each pair of students on each half of the gym practice passing the ball with their partner as they run down the court. When they reach the cone that you have set up about 5 to 10 yards from the basket, one of them can shoot the ball at the can. If missed, the other partner retrieves the ball and shoots from a new location. After each partner has had one shot, they both go to the end of the line one to the right of the one they were just in (they'll be with new partners). Each time down, have them shoot from a slightly different location. If the first shot is made, retrieve the ball from the basket and let the other partner shoot from a new location.

Repeat the same drill as above, but now each basket will have one goalie. Goalies must play with their back to the basket and must be 2 steps away from the basket. Allow students to use some strategy as to which one will shoot. Demonstrate good strategy. Rotate goalies often.

To practice Back throwing, which is the free shot when a student is fouled while shooting, keep students in their 4 groups. Form single file lines at each can behind a designated spot or cone (about 15 feet from the goal). Demonstrate the underhand toss over the tossing shoulder with their back to the basket. After tossing to the can, students will retrieve their own ball, give it to the next student in line without a ball and return to the end of the line.

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