

# Upper Grade Basketball Activities

## Summary

Provide skill opportunities for the children to practice proper basketball techniques.

## Group Size

Pairs

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

One basketball per two students.

## Background for Teachers

Basic basketball knowledge.

## Student Prior Knowledge

Ball handling and following directions.

## Instructional Procedures

Be sure to model each skill for the students prior to beginning this activity.

- Change directions in a group setting while actively bouncing a basketball.

- Perform a self bounce pass to a target.

- Perform a bounce pass to a partner and back.

- Self toss a basketball and catch with no bounces.

- Self toss a basketball and turn one complete circle before catching it with one or no bounces.

- Properly catch a basketball using soft hands.

- Perform three different types of passes. (Bounce, chest and overhead)

- Continuously dribble a basketball without looking at the ball.

- Use both left and right hands to perform drills.

- Dribble a ball from a seated or kneeling position.

- Perform dexterity drills, such as, weaving the ball around the waist, knees, ankles or a figure eight.

- Drop and catch a basketball between your legs. (Advanced students can try to drop and catch the ball from the back side with either a bounce or no bounce at all.)

## Strategies for Diverse Learners

Advanced students can work with the other children. They can also do the drills exclusively with their non-dominant hand.

## Authors

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