

— Stationary Dribbling —

Bounce a ball up and down on the spot using one hand in a series of short pushes.



1

Hold ball out in front and to the side of the body.



2

Push ball down with fingertips.



3

When it bounces up push it down again.

Get moving with **MINI MOVES**



DON'T Fall off the Edge

Dribble your ball, be careful to not let it fall off the edge!



Equipment:

Hula hoop (for each child) or chalk and ball (for each child).

Where to play:

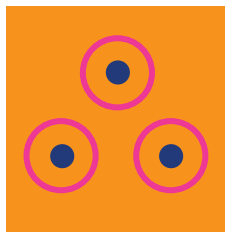
 Outdoors

 Indoors

Age:

Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

 Hula hoops

 Children dribbling

DON'T Fall off the Edge

Dribble your ball, be careful to not let it fall off the edge!

Step 1

Give each child a ball and a hula hoop to stand in, or draw circles with chalk.

Step 2

Ask children to dribble the ball in the circle and make sure it doesn't fall out of the circle, over the edge.

Step 3

Children count out loud from one to ten and if the ball bounces out of the circle before they reach ten they have to start back at one.



Tips: **EASIER:** Allocate a larger open space for all children to dribble their ball and the Educator counts to ten.

HARDER: Ask children to count how many dribbles in a row they can do in their circle.



MINI Ball

Dribble the basketball, aim and shoot.



Equipment:

Basketball ring and a large bouncy ball (for each child).

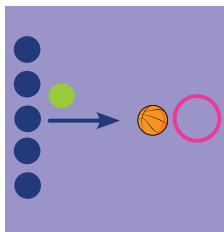
Where to play:

 Outdoors

Age:

Preschoolers
(3 to 5 years).

What does the game look like?



KEY:

-  Basketball ring (goal)
-  Educator demonstrating
-  Children waiting dribbling balls
-  Direction of shooting
-  Child shooting for goal



MINI Ball

Dribble the basketball, aim and shoot.

Step 1

Demonstrate how to dribble a basketball.

Step 3

When their name is called each child has a turn at dribbling the basketball towards the ring.

Step 2

Line children up and ask them to dribble on the spot until they hear their name called.

Step 4

When they reach the ring, each child has a turn at shooting for the goal and then returns to their place.



Tips:

EASIER: Have markers for children to dribble on or next to and when "rotate" is called, children dribble to another marker.

HARDER: Introduce a word (e.g. ball) and ask children to take it in turns to dribble and shoot. Each goal earns a letter of the word. First child to complete the word, wins.



Bounce Around the WORLD

Bounce your ball to get bounce power and blast off around the world.



Equipment:

Basketball (for each child) and chalk.

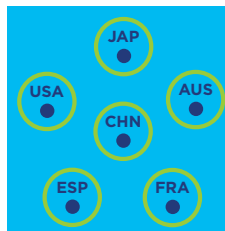
Where to play:

 Outdoors

Age:

Preschoolers
(3 to 5 years).

What does the game look like?



KEY:



Countries
(chalk circles)



Children dribbling



Bounce Around the **WORLD**

Bounce your ball to get bounce power and blast off around the world.

Step 1 With chalk, draw hula hoop sized circles on the ground and write the name of different countries in each circle.

Step 2 Give each child a ball and ask them to stand in a country (circle) somewhere 'around the world'.

Step 3 Tell children they are on a bouncing holiday around the world and they have to bounce their ball as many times as they can, so that they can get enough bounce power to blast off to another country.

Step 4 After one minute call out "blast off around the world" and all children have to yell "blast off" and rotate to find another country to dribble in.

Step 5 Continue until all children have had a chance to dribble in each country.

Tips: **EASIER:** Children drop and catch the ball in their country.
HARDER: Children dribble the ball between countries or ask children to dribble from right to left hand.

