

# STATIONARY DRIBBLING

for pre-schoolers 3-5 years

with Kenny the Kangaroo

## DESCRIPTION

This is a manipulative skill that can be hard to master. It involves applying a pushing force to an object and immediately receiving it again.

## POINTS TO REMEMBER

- Before starting the games, take a few moments to go over the key teaching cues for stationary dribbling
- Start with the 'Who can dribble like Kenny the Kangaroo?' activity. It's a good idea to practice dribbling with a lightweight ball that bounces easily
- If a child is having difficulty stationary dribbling, try breaking up the action into simpler parts. Work on single components such as bounce to waist height, only using fingertips to control the ball or keep feet still
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of stationary dribbling
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Get ready with feet shoulder width apart and eyes on the ball
- 2 Use soft fingers to push down the ball with fingertips at about waist level
- 3 Make sure the ball hits the floor in front or to the side
- 4 Push the ball down again when it bounces to about waist level
- 5 Try to do four or more bounces without having to move your feet to retrieve the ball



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## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Twinkle twinkle little star.










## WHO CAN DRIBBLE LIKE KENNY THE KANGAROO?

### Game Set up

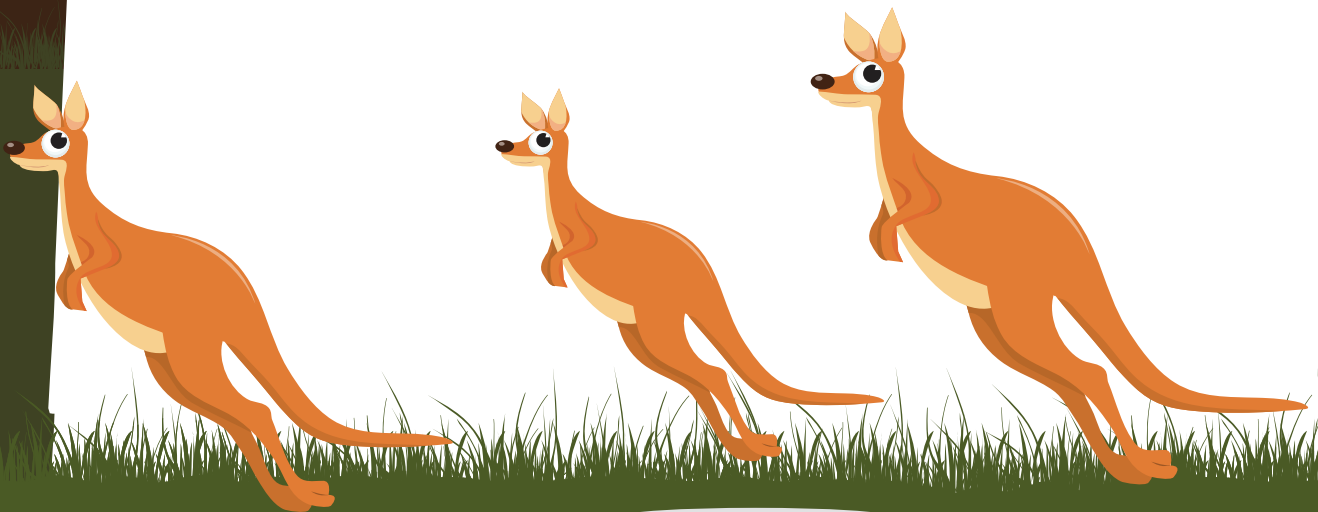
Children spread out in a defined area

### Activity

Who can dribble?

- |   |   |   |
|---|---|---|
|  In front      |  To the side         |  To the other side |
|  With one hand |  With the other hand |  With both hands   |
|  Fast          |  Slow                |  While walking     |

Kenny says "Don't forget to use the FMS lanyard to help you detect & correct!"



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## BOUNCING BALLS

### Equipment

- 🐾 Large bouncy ball or balloon for each child
- 🐾 Munch and Move music CD (play 'Bounce the Ball' - track 14)

### Activity

- 🐾 Ask the children to throw the ball up in the air, not too high, and catch it. Repeat this several times. Remember the cue "Hands ready, fingers stretched wide"
- 🐾 Ask the children to throw the ball up in the air and let the ball bounce once and then catch it. Repeat this several times
- 🐾 Ask the children to hold the ball at waist height, push the ball down (say "soft fingers") and catch it as it bounces back
- 🐾 Ask the children to bounce the ball on the ground twice or more and then catch it. Emphasise to use "soft fingers and push down on the ball with fingertips" when bouncing the ball

## CAT AND MOUSE

### Equipment

- 🐾 Enough large bouncy balls for ½ the children
- 🐾 Whistle

### Activity

Children find a partner, one child is the 'mouse' and the other is the 'cat'. Line up all the children facing their partners with about 3 metres in between. All the mice bounce a ball, while the cats crawl to their mouse. When the cat reaches the mouse the children swap place. Challenge the children by asking who can get the most bounces before their cat reaches them.



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## BASKETBALL

### Equipment

-  Large bouncy balls
-  Hoop or large trash can or bucket

### Activity

-  Use masking tape to draw a line a metre or two from the hoop or bucket. Ask children to stand in a line behind the tape and take turns to bounce a ball. After the child makes 2 or more bounces, ask to shoot the ball toward the hoop/bucket. Adjust the distance between the line and the bucket/hoop according to the skill level of the children.

-  Concentrate on having fun – not making it a contest! While the child bounces and throws the ball, others can sing:

*Bounce the ball, bounce the ball,  
Bounce it on the ground.*

*Bounce it low, bounce it high,  
And throw it to the bin*

*Bounce the ball, bounce the ball,  
Bounce it on the ground.*

*Bounce it here, bounce it there,  
And throw it to the bin.*

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: to the tune of "If you're happy and you know it" – If you're wearing red today – follow me, if you're wearing green today – follow me..."**

Start singing and instruct children to line up behind you as you call out their colour, continue the song until everyone is lined up.