

## Lesson Plan 6 – Secondary – Bouncing

In this lesson we will introduce the skill of bouncing. This will take your students some time to master but they will have a lot of fun mastering the skill.

**Skills: Bouncing instruction 10 mins.** Also see **Bouncing section on Instructional DVD** or click on the video link, <http://www.youtube.com/watch?v=smeM4ijYa5Y>

- Each student gets a ball, If there are enough, otherwise, 1:2
- Demonstrate bouncing the ball
- Drop on to one knee, if right handed, drop with right knee on ground.
- Show position on hands on ball
- Left is guide hand on the left side of the ball.
- Right hand is lead hand with thumb on the front lace furthest from the body. Fingers pointing to front of ball.
- Show the under side of the front of the ball and how you want it to strike the ground (at its end, 45 % to the ground, just below where four seams meet)
- Show how the lead hand only pushes the ball into the ground and doesn't over rotate the ball too far.
- Bounce the ball at this low height as this will mean fewer mistakes.
- As kids get better the can start to stand up and bounce, then walk, then run.
- If having trouble revert to 1 knee and bounce until they improve.

Walk around correcting technical errors of students.

**Activity 1.** Groups of 4/5 Skills – Bouncing, handball, marking 10 mins.

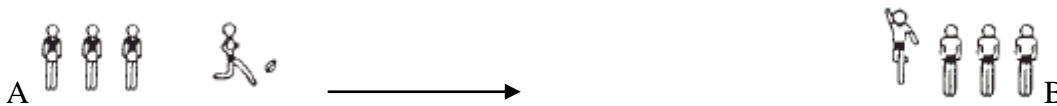
Students stand in line with student coach out front. Student 1 starts off with ball, bounces once and then handballs to student coach, runs around coach and receives handball back, bouncing once again before handballing to Student 2. Continue through line. Rotate student coaches.

### Skill Drills 10 mins

Activity 1. Line students up in groups of 4. Student from group A runs and bounces ball once and then kicks to student from group B. Student from group B runs and bounces once and kicks to next student from group A. Students run to the back of the line of the group they passed to.

Continue.

Have multiple set ups of these groups to accommodate all your students.



**Ausball Game:** Remainder of lesson. Use same rules as previous lesson. Allow students to bounce once and run another 3 seconds before disposing.