

Ruthie Bolton

BE MIGHTY
Basketball Program

IC STEM Taught®

BUILDING A FOUNDATION

Practice #1 - 60 minutes

Materials:  1 Basketball per student *Other balls can work as well



Whistle Training - 2 minutes

Start with kids at half court. Explain how you will use the whistle.

Say: Since we have a large group, I am going to use the whistle to organize us today. Anytime I blow the whistle twice like this (demo it), that means run to half court. Anytime I blow the whistle one time like this (demo it), that means freeze where you are.

Introduction - 1 minute

Say: Today we will be having fun playing basketball and learning an inspirational story from Ruthie Bolton. To get started, we are going to get our bodies moving. I need everyone to touch fists with one other person. We are going to play partner tag.

Note: If there is an odd number, there will be on group of 3.

Warm up: Partner Tag - 5 minutes

Say: One person will be the getaway and one person will be the tagger. When I say go, the tagger will be trying to tag the getaway. If you are tagged, count to two and then try to tag your partner. You can use the whole court.

Note: If there is an odd number and a group of 3 is needed, have two taggers and one getaway. Whoever tags the getaway, is the new tagger. Play this for about 2 minutes. Then, blow the whistle one time and say "Freeze". Now, everyone must skip as you play. Play this for about 1 minute and then blow the whistle one time and say, "Freeze. Now, you must slide. The teacher can demonstrate the motions of skipping and sliding.

Ruthie's Inspirational Message and Discussion - 10-15 minutes

Blow two whistles and say, "half court". Then have the kids take a seat. The teacher can read, "Building a Foundation" by Ruthie as the group listens. Then have the athletes form small groups of 4-6 kids. Have the kids answer the following questions taking turns in the group.

Who do you depend upon to help you know how to rise above life's challenges?

Why do you look up to them?

Ruthie's Videos and Drills - 20 minutes

Now, we are going to watch Ruthie show us ball-handling drills. I want you to watch the video and try to do what she is doing. Here is the first one. Let's practice it for about 20 seconds. Now, I am going to time you for 30 seconds. I want you to count how many you can get. Ready, Go! Who had more than 20? 25? 30? Now, let's watch the next video. Follow the same process for the next ball-handling video.

Ball-Handling Videos

1. Quick Feet
2. Dribble from side-to-side

Partner Dribbling Tag - 5 minutes

I need everyone to touch basketballs with one other person. We are going to play the same game as earlier, but now everyone must dribble and basketball as they play.

After about one minute of playing, blow the whistle one time and say, "Freeze". Now have the athletes skip while they play. After one minute, have them slide.

Note: If there is an odd number, there will be one group of 3.

Highlights - 5 minutes

We are going to finish our practice with highlights. A highlight is when you say something that you saw somebody else do well today. I will give an example.

Example #1: "I want to highlight Kim for her speed dribbling. She tried to go as fast as she could."

Example #2: "I want to highlight Mike for sharing in our group discussion about how his teacher helps him overcome life's challenges."

Please raise your hand if you have a highlight for someone else.

Continue with highlights until everyone is done raising their hand. Then, you can finish practice by saying, "It was so fun to coach everyone today. Have a great day!"