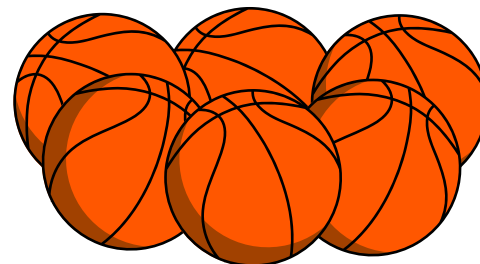


# Dribble Follow The Leader

A skill practice activity designed to get students engaged in hand dribbling while moving in general space and taking turns leading and following.



## Standard Aligned:

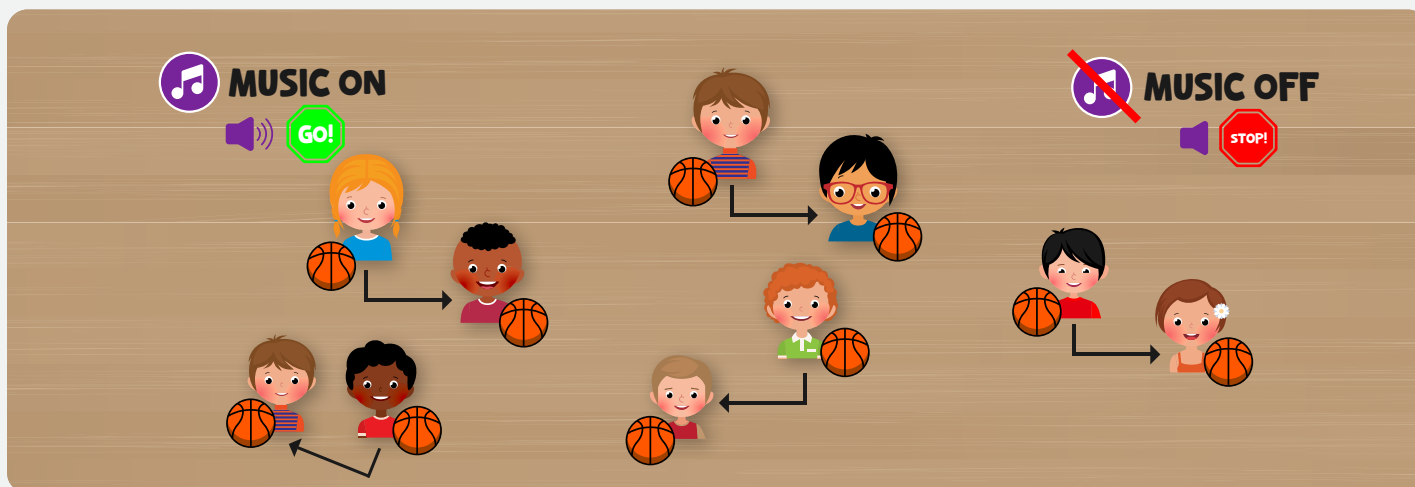
- **PreK-2:** 1.2.6 Demonstrates bouncing a ball in a variety of non-dynamic practice tasks.
- **3-5:** 1.5.19 Demonstrates dribbling with hands in non-dynamic and dynamic practice tasks.

## Equipment:

- 1 (one) Basketball or Playground ball per student.
- Music or other signal you use to start and stop class.

## Game Set Up:

Students in partner pairs spread throughout the gym. Each student has their own ball to dribble during this activity.



## Directions:

1. Partners decide who will start as the leader and follower. On the signal, the leader of the group begins to dribble their ball around the gym to open spaces. The follower of the group follows the leader wherever they go.
2. When the music stops, both partners stop where they are and switch roles. Now the follower becomes the leader and the leader becomes the follower.
3. Play several rounds so everyone has opportunities to be follower and leader multiple times.

## Best Practices:

- Switch up the partners! Play lots of short rounds and mix up partners over the course of the activity.
- Focus on eyes up. This is a great activity because the follower has to keep their “eyes up” to see where their partner is going.
- Encourage the skill of being both the follower and leader as this will come up throughout the year in physical education and life.
- Use fun music as a way to start and stop class. This will allow you to use music in future activities as a cue for starting and stopping. If music isn't an option, do what is best for your class!