



# PODAR ENRICHMENT ACADEMY

## Learning for Life

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### → **Basketball:**

#### • **Primary Section:**

- Dribbling and ball handling
- Walk n dribble (Right n Left hand)
- Roll the ball around the body.
- Ball slaps.
- Tap the ball hard.
- Hot potatoes. (right n left)
- Throw the ball up, claps n one bounce catch.
- Crab walk. (moving figure of 8)
- Roll the ball keeping on the ground. (right n left)

### → **Warm up and Fitness**

- Jogging.
- High knees.
- Back kicks.
- Alternate hand-leg layup jumps.
- Zigzag run.

### → **Fun Drills -**

- Pass the ball behind while sitting in row, last person take the ball touches to the respective cone, comes back, sits and pass it again back (Relay competition)
  - Dog and the Bone.
  - Shooting competition.
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- **Basketball:**
- **Secondary Section:**
- **Warm up n Fitness -**
  - Jogging.
  - High knees.
  - Back kicks.
  - Backward running.
  - Defensive shuffles.
  - Zigzag run.
  - Jumping over the cones.
  - Sprints.
- **Dribbling n Ball Handling -**
  - Walk n dribble (right n left).
  - Jog n dribble (Speed dribble) (right n left).
  - Jump stops.
  - Pivoting.
  - Rolling the ball around the body.
  - Throw the ball up claps n catch.
  - Ball slaps.
  - Ball tap hard.
  - Crab walk.
  - Hot potatoes.
  - On the spot dribbling (Different types such as; in and out, front back, crossover etc.)
- **Passing -**
  - Bounce pass.
  - Chest pass.
- **Shooting –**
  - Shooting action.
- **Fun drills and Competitions –**
  - Dribbling competition. (Relay race)
  - Lock and key.



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- Dog and the Bone.
  - King of the ring.
  - Pivoting competition.
  - Shooting competition.
  - Half court match.
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