

Name/Title: Be Annoying

Purpose of Event: The purpose of the game is to review offensive dribbling and the defensive techniques necessary for the game of basketball.

Prerequisites: Basketball Dribbling: (1)Keep your eyes & head up,(2) Protect the ball with your body and opposite hand, (3) Control the dribble with your fingers and wrist; not the palm. (4) Knees bent, and (5) Dribble with right hand when moving to the right, and left hand when moving to the left. Defensive Form:(1)Feet should be shoulder width apart, (2)Knees bent, (3)Back straight, and (4)Hands should be outside your knees with the palms up.

Suggested Grade Level: 4-5

Materials Needed: One basketball per student for half your class.

Description of Idea

This Instant Activity is ideal for reviewing dribbling and defensive strategies. Half of the class has a basketball and the students dribble around in any direction they choose. The other half of the class is on defense. They are to be as 'annoying' as possible to any student dribbling a basketball without touching them or the basketball. (Close the gym doors; it can get pretty loud.)

Students get in a defensive position and move like crazy around any student dribbling a basketball. The student dribbling the basketball will count to ten. If they can maintain their dribble for the ten count, the defensive player has to go and be annoying a different dribbler. The offensive player earns 100 points (any random number will suffice but the students love the higher numbers).

Students dribbling are encouraged to position their bodies between their ball and their defensive player to protect the ball. If the student dribbling double dribbles, carries the ball, or loses control of their dribble, the defensive player gets 100 points and they have to go 'be annoying' to a new person.

Every one to two minute of playing, I stop the music and tell everyone with a ball to give the ball to someone else. Then we begin again.

Assessment Ideas:

Rubric assessment for dribbling and defensive stance.

Basketball Dribbling: (1) Keep your eyes & head up,(2)Protect the ball with your body and opposite hand, (3) Control the dribble with your fingers and wrist; not the palm. (4) Knees bent,

and (5) Dribble with right hand when moving to the right, and left hand when moving to the left.

Defensive Form: (1)Feet should be shoulder width apart, (2)Knees bent, (3)Back straight, and (4)Hands should be outside your knees with the palms up.

Teaching Suggestions:

Ways to adapt this idea would be: (1) Allow any student to dribble with a playground ball, (2) Set up safe zones for inside hula hoops for dribblers, (3) To help your defenders designate areas in the gym that students have to walk through when dribbling, (4) Shorten the time the dribbler has to maintain their dribble, and (5) lengthen the time the defense has to be annoying.

Submitted by **Eric Turrill** who teaches at Round Hill Elementary in Round Hill, VA. Thanks for contributing to PE Central! **Posted on PEC: 2/17/2007.**

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