

Basic Movement Patterns for Children

(Leading on to Basketball)

At the recent seminar we were told about the importance of children learning all the basic movement patterns at a young age so that their progression was not held up by deficiency in basic movement patterns.

The basic movement patterns are:

Landings (from jumps)

(survival skills, Braking of a movement, Landing on different parts of the body, i.e. hands, shoulder rolls)

Spring (like leap frog) off feet, off hands, rebounding:- needs body tension

Static's (Balance)

A state of equilibrium ; Static and Dynamic balance
Static's can be support or balance positions
Has to be felt to be learnt

Locomotion (Running)

Allows us to get from one place to another
Moving through space on hands, hands and feet or large body surfaces (swimming)

Rotation (rolls)

Turning around a internal axis
Promotes body management and coordination
Develops vestibular system of balance.

Swing (Hiting golf, hockey, tennis)

Turning around a external axis. le bar or tree.
Helps develop spatial awareness
Swing has the same mechanical principals as rotation.

Manipulative skills (passing, catching, holding)

Sending and receiving objects
Allows objects to be manipulated
Essential for hand – eye; feet - eye; and body – eye coordination.

Implications for Basketball

Children develop motor skills in a sequential manner. Ie they need the building blocks to proceed to higher level skills.

Most of these movement patterns can be learnt by setting up specific games and letting the children play.

Small games that can help build these basic movement patterns.

Game one.

Pair Tag

(Locomotion) (Rotation) (Balance)

12 children at practice. Arrange into 6 pairs.

Mark out a 10 meter square as the play area.

Each pair has a tagger and a runner.

The tagger must chase the runner and tag them while avoiding banging into any other of the 5 pairs in the square. Once a runner is tagged they become the tagger and the tagger is now the runner.

The runners can use tactics making sure there are many people between them and the tagger. Sometimes they will run backwards or slide so that they can see where the tagger is.

This game teaches, locomotion, landing (when jumping to avoid a tag.) Rotation (spinning to avoid a tag) Balance (being able to move off both feet to avoid a tag) Spring (to take off quickly)

Variations to this game (Manipulative)

Add a bean bag or soft ball for the tagger to use to throw at the runner to make the tag. (No head shots)

This adds teaching Manipulative skills (throwing) Eye feet coordination (dodging the ball)

Give everyone a basketball and play the same games above with everyone having to dribble at the same time.



Game Two

Scarf Stomp (Locamotion) (Balance)

Same pair grouping and play area.

Have one of each pair tuck a end of a 0.5 meter long light (Silk like scarf) into their sock. They are then the runner and the chaser must try and stomp onto the scarf so that it comes out of the sock. When they do they tuck the scarf into their sock and try to avoid their partner from stomping on the scarf.

When first doing this game we tried to just run but it very soon turned into a game where partners were facing each other and it looked very much like a defensive sliding drill as the runner moved sideways and pivoted to avoid the stomping of the chaser who was keeping a low wide stance in a effort to get their foot on the scarf before the runner can get it away.

Variation: (Manipulative) Chaser has a basketball they have to dribble. Everyone has a basketball to dribble.



Game Three

Team Tag (Locomotion) (Balance) (Statics) (Rotation)

Have 3 taggers and the other 9 are runners. Same playing area (10 metre square)

If you get tagged you have to stand in a designated balance position. ie stand on one leg.

Time how long it takes the three taggers to catch everyone.

Variation: Once tagged you have to do 2 pressups and then hold a staple position. You can be freed by a free runner crawling, diving under your staple position.



Game Four

Roll and Jump (Rotation) (Jumping) (Landing)

Have the children lying on the ground spaced 2 meters apart all rolling towards a cone. Once they get to the cone they jump up and run jumping over the rollers until they get to the last roller and then they join the rollers



Variations

(Manipulation) (Jumping) (Landing)

Everyone has a ball. Roll with the ball above your head. Runner throw the ball in the air and catch it mid jump over the roller



Game Five

Running High Fives (Locomotion) (manipulation)

2 lines facing each other so that they run past each other with their right side facing the other line. The people in each line are 5 meters behind the person in front. As they go past the other line they give a high 5 to each person in the other line.

Variation: As they run they jump for a higher Hi 5.

Have one line be the jump line and the other the tag line. The jump line tries to jump higher than the tagger so that the Hi 5 hits his wrist or lower. Tagger tries to reach the jumpers hand.

With basketball being played at a younger and younger age these little games could be incorporated into warm-ups where you will be reinforcing their movement patterns regularly and enhancing their development.

If you want to into more detail of the correct way to teach the basic movements patterns there is a very good resource available on line.

It can be found at www.sparc.org.nz

Click on Active children

Click on Active schools

Click on Fundamental Skills

Scroll to find the skill you want and click on it to go to the appropriate page.



