

Games: Dribbling a Basketball



Working in pairs or on your own, completing each challenge for at least 30 seconds, can you;

1. Dribble towards and around a partner or cone
2. Keep the ball under control
3. Switch between both hands
4. Run while dribbling the ball
5. Run while dribbling the ball and switch the ball between both hands

Tips from Partner

- Keep eyes on the ball
- Don't slap the ball, use the tips of your fingers
- Keep the ball close
- Take your time
- Look up when you can
- Do not always look down

Can you think of another challenge?



Clixby
Active Pro Sports