

Games: Shooting a Basketball



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

1. Shoot the ball from your chest to your partner or target (you could use a bin, basket or another type of bucket).
2. Can you get the ball to 'loop' in the air
3. Can you hit a target that's 5 steps away using the correct technique
4. Shoot after receiving a pass, if working with a partner

Tips from Partner

- Keep your eyes on the ball
- Push the ball
- Make sure you shoot up and not straight
- Aim for the target

Can you think of another challenge?



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