

Basketball Dribble & Catch

- Stand opposite a wall or a partner with a basketball or bouncy ball in one hand and a tennis ball or smaller bouncy ball in the other.
- Dribble (bounce) the basketball with one hand (yellow line) and throw the tennis ball with the other hand (red line) to your partner or wall and receive it back catching it.
- See how many times you can successfully throw the tennis ball whilst dribbling the basketball in 60 seconds.
- Change hands and repeat after 60 seconds.

Extra difficult challenge

- Throw and catch the tennis ball on opposite hands changing the basketball side at the same time.

Equipment

Basketball or bouncy ball, partner or a

wall. 

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