

- Stand in the middle of a line / stick with a ball.
- Dribble (Bounce) the ball with the right hand on right side (1) then change over to left side (2) still with right hand (A)
- With every successful set of 10 dribbles without hitting the line / stick you get a point.
- Change hands and do the same i.e. left hand from left side to right side (B)
- How many points can you get in 60 seconds for each hand?

Extra challenge

Add in the change of hands to your routine after 5 dribbles and complete the set of 10.

Equipment

Basketball or bouncy ball, stick, line or marking.

A



B

