

See if you can...

(Exploring bouncing skills individually)



Bounce the ball through your *legs*

Dribble the ball, quickly *spin around* and then dribble again

Bounce the ball *sitting* down
> Then kneeling on 1 knee

Bounce the ball as *high* as you can

Throw the ball in the air and try to make it *spin* when it bounces
> Forward and backwards
> Left and right



Bounce the ball as many times as you can with your *eyes closed*

Hop around on 1 foot and bounce the ball
> Then switch legs

Bounce the ball, *spin around* then catch it with 1 or 2 hands



Dribble along the lines