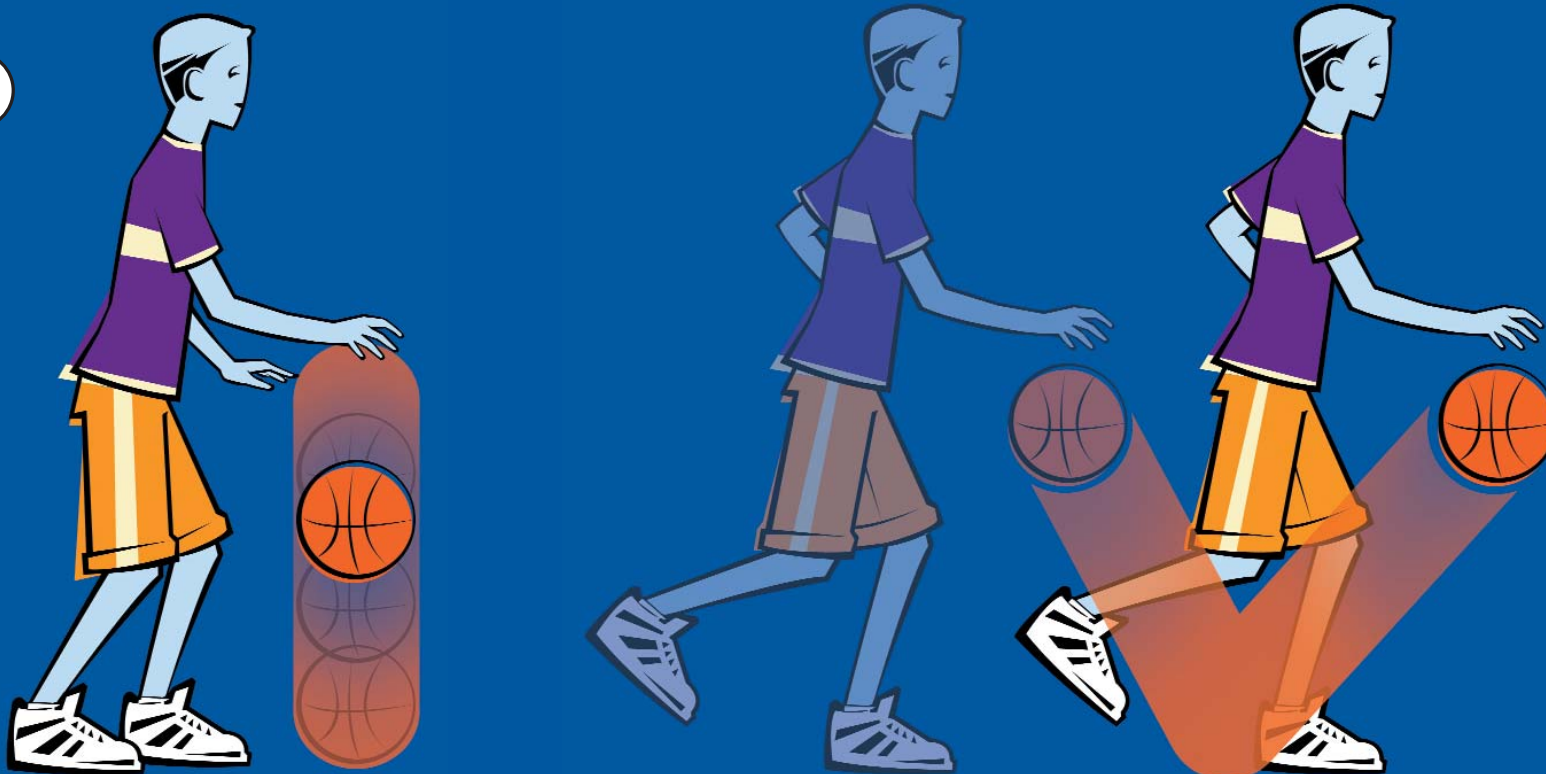


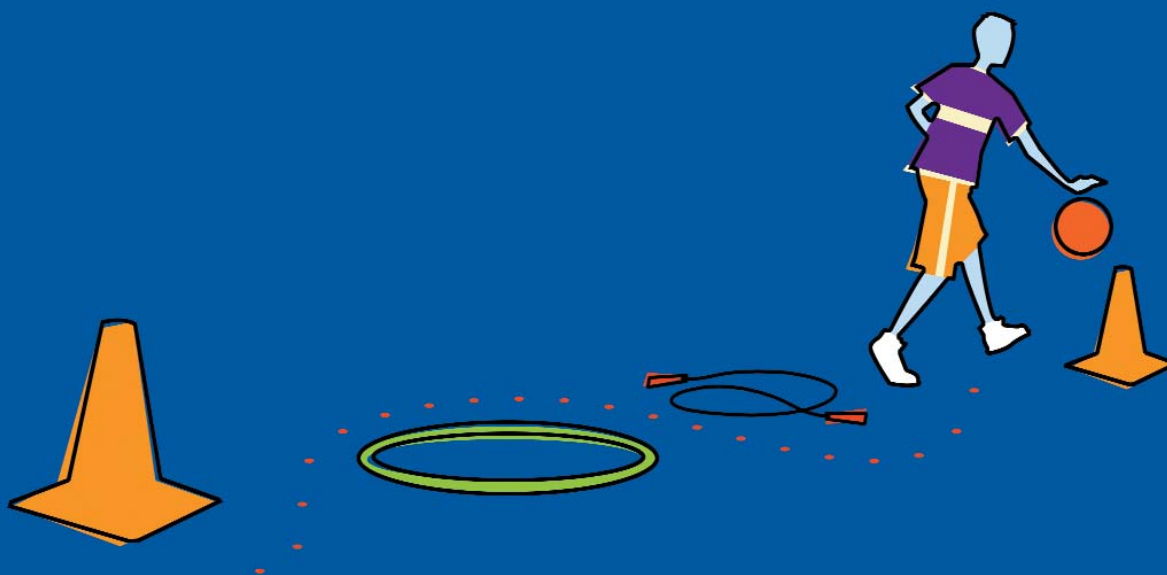
# Obstacle Course

## Run, dodge and dribble!

1



2



### 1 Controlled dribble

- Spread your fingers and cup your hand slightly to ensure that your palm, fingers and thumb are in good contact with the ball.
- Bend your knees and hips slightly, with feet shoulder-width apart.
- Extend your elbow, wrist and hand as you push the ball to the floor.
- As the ball bounces back up, move your hand with the ball to absorb the bounce.
- Keep the bounce between knee and waist height.
- To change directions, angle your hand and push in the direction you want to go.

### 2 Let's get started

- Select some safe and interesting items to use as obstacles (e.g. pylons, skipping ropes, hula hoops).
- Plan a challenging course for the players to manoeuvre around.
- Each person needs a partner to time them.
- One at a time, the players manoeuvre around the obstacles as fast as they can without losing control of the dribble.
- Add five seconds each time the player loses control of the ball.
- When finished, the player lines up again to try and beat their fastest result.

#### Double the dribble difficulty

At different parts of the course, add instructions to try other types of dribbles such as the "behind the back", "between the legs" or "moving backwards" dribble.

