






How Many Basketball Skills Can You Complete?

You will need a basketball or any bouncy ball you can control with your hands for this activity.

Below is a list of basketball skills for you to practice and complete. Write down how many times you can perform the skill in 30 seconds and 60 seconds. Practice these skills every day and record your personal best score for the week in the final column. These skills should be performed on the spot.

Skill	30 Second Score	60 Second Score	Personal Best
Right Hand Dribble 			
Left Hand Dribble 			
V Dribble (Left hand to right hand) 			

Low Dribble
(Bend knees and
keep ball low to
ground)



Through The Legs
Dribble

