

THROUGH THE LEGS

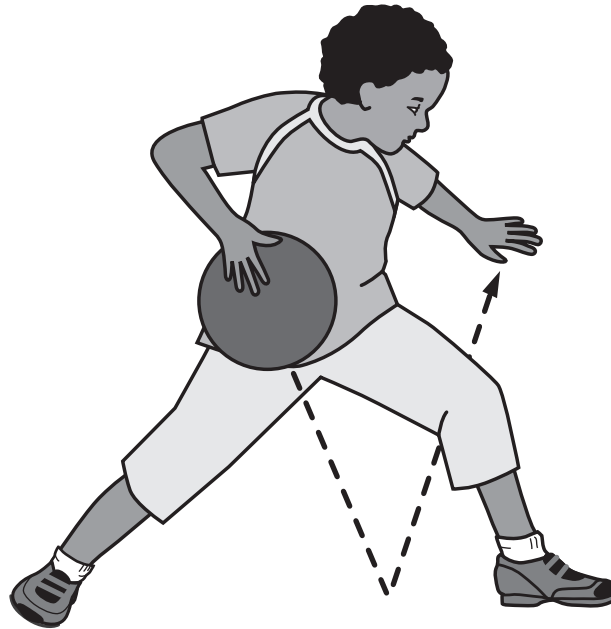
Dribble the ball through your legs as you walk.

CUES

- Similar to “V.”
- Step forward with opposite foot from dribbling hand.
- Push ball under thigh in “V.”
- Get receiving hand ready.

CHALLENGES

- Can you send it through with either hand?
- How many can you do in a row?



BASKETBALL

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AROUND THE WORLD

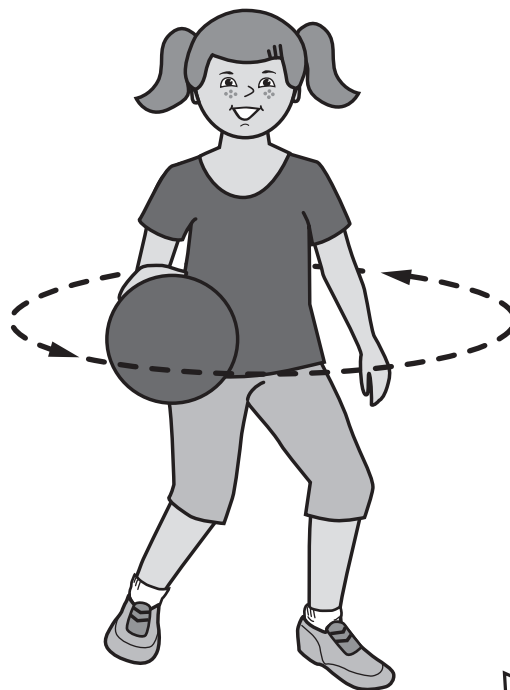
Dribble ball 360° around your body.

CUES

- Dribble behind you, let go, twist opposite way, continue dribbling.

CHALLENGES

- How quickly can you get the ball around you?
- Can you do it with either side?



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