

PARTNER BASKETBALL ACTIVITY CHALLENGE

TASK CARD

The challenge is to complete all of the tasks below with your partner. Use encouraging words, quality movements, and both of your strengths to accomplish this challenge. It is not a race! If you finish before the signal, complete the *Closing Challenge*. Good luck and have fun!

1. Move the ball in a Figure 8 around your legs 15X.
2. Dribble the length of the activity area with R hand and dribble back with L hand.
3. Grapevine around perimeter while dribbling.
4. Complete 25 Chest Passes each.
5. Dribble using the “V Dribble” 20X each.
6. Bounce Pass with partner (25X each).
7. Dribble and Pass 1X around perimeter (at least 20 passes).
8. Slide the length of the area and back while mirroring partner.
9. Complete 25 Overhead Passes each.
10. Shoot baskets until you have a combined score of 21 (2 points for a basket and 1 point for touching the rim or backboard).
11. Dribble and jog 2X around perimeter.
12. Complete 20 sit-up ball-exchanges with partner: Face partner in sit-up position, feet touching. Take turns passing ball back and forth when you are both in the “up” position.



CLOSING CHALLENGE

Find another pair and **play “3-Catch Basketball”**.