

Go Outside

Basketball Dribble

What you need:

1 basket ball
5 obstacles



How To Play

Place your obstacles outside in an area where you have some space. Good examples of obstacles are chairs, furniture, vacuum, cones, etc....anything that can be dribbled around. Once your course is set up, try to dribble through the course, first with your right hand. Next try with your left hand. This can be played with multiple people in a relay form or on teams. This is a great way to practice dribbling and eye hand coordination. When you get really good, try some of the fancy moves that the professionals do!