PERSONAL BEST - Basketball

Passing Challenge



Quick Introduction

 In this challenge players try and make as many bounces as possible in 30 seconds

Getting Started

- Find a ball
- Find some space
- Get someone to count for you
- Get someone to time for you
- GO!





Scoring System

 1 point for every bounce off the floor and touches hand.

Health and Safety

If the ball rolls away, look to make sure you don't run into anyone when collecting it.

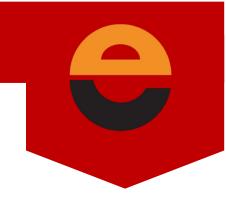
Equipment Required

- 1 basketball
- Stop watch
- Score sheet

PERSONAL BEST - Basketball

Player Name	Year Group	Score

Player Name	Year Group	Score



Player Name	Year Group	Score