

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

