

01

EQUIPMENT:

- Balls
- Rackets for harder activity

BOUNCE ABOUT

Activity Type: Starter Activity

Playing Standard: Any level



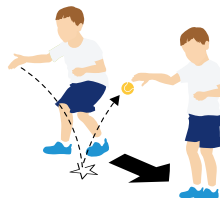
**BOUNCE WITH
ALTERNATE HANDS**



**START IN A READY
POSITION**



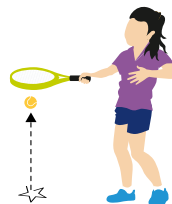
**WHILE
HOPPING**



WHILE SIDE STEPPING



**WHILE
SKIPPING**



**BOUNCE THE
BALL USING
THE RACKET**

ORGANISATION:

- Define the playing area.
- Position players at the side of court and demonstrate.
- Highlight the need to watch each other to avoid collisions.

ACTIVITY:

- Players move around the area bouncing a ball in a basketball dribble style.
- Move by walking, jogging, sidestepping or walking backwards, keeping control of the ball.
- Change the action on the command of the Activator, e.g. ready, left hand, right hand, both hands, alternate hands, skipping, hopping, at the side.

EASIER:

- Use a bigger ball.
- Bounce and catch each time.
- Bounce with the favourite hand and move slowly.

HARDER:

- Change direction on command.
- Bounce the ball to different heights.
- Use a racket to bounce the ball.



SEE IT IN ACTION