

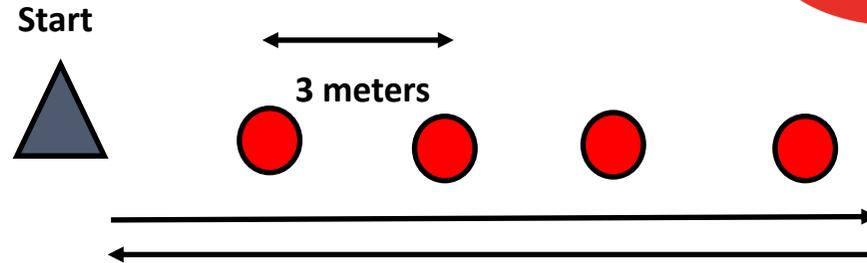
BASKETBALL DRIBBLE RELAY

CHALLENGE

An excellent slalom challenge, dribble in and out through the course of cones set out.

Dribble out and back, players complete the course as many times as possible during the time limit.

This could be a team or individual challenge.



EQUIPMENT

- Preferably use a basketball (any size) or any other ball will do e.g. football/netball
- Cones or an item that can be used similar e.g. books/jumpers
- A flat surface would be ideal or grass area.
- Make sure there is enough space for the challenge to take place.

HOW TO PLAY

Check equipment and surface.

Create a start and finish line.

Place 4 cones (any item) 3m apart from the start/finish line.

You have 60 seconds to bounce dribble in and out through the course of cones set out.

Keep hand on top of the ball, Push the ball down – don't slap it, Look ahead and not down at the floor.

INCLUSIVE

Increase or decrease the total distance; mobility impaired players can cover shorter distance. Increase or decrease gap between cones depending on ability or space needed.

Wheelchair players use 'two pushes, one bounce' rule.

Players with restricted movement can carry the ball and bounce and catch at each cone.

Taller cones or posts will be seen more easily by manual or powerchair users.

SPIRIT OF THE GAMES VALUES

DETERMINATION

Keep pushing yourself each time!



PASSION

Your Passion is Your Strength!



Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

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