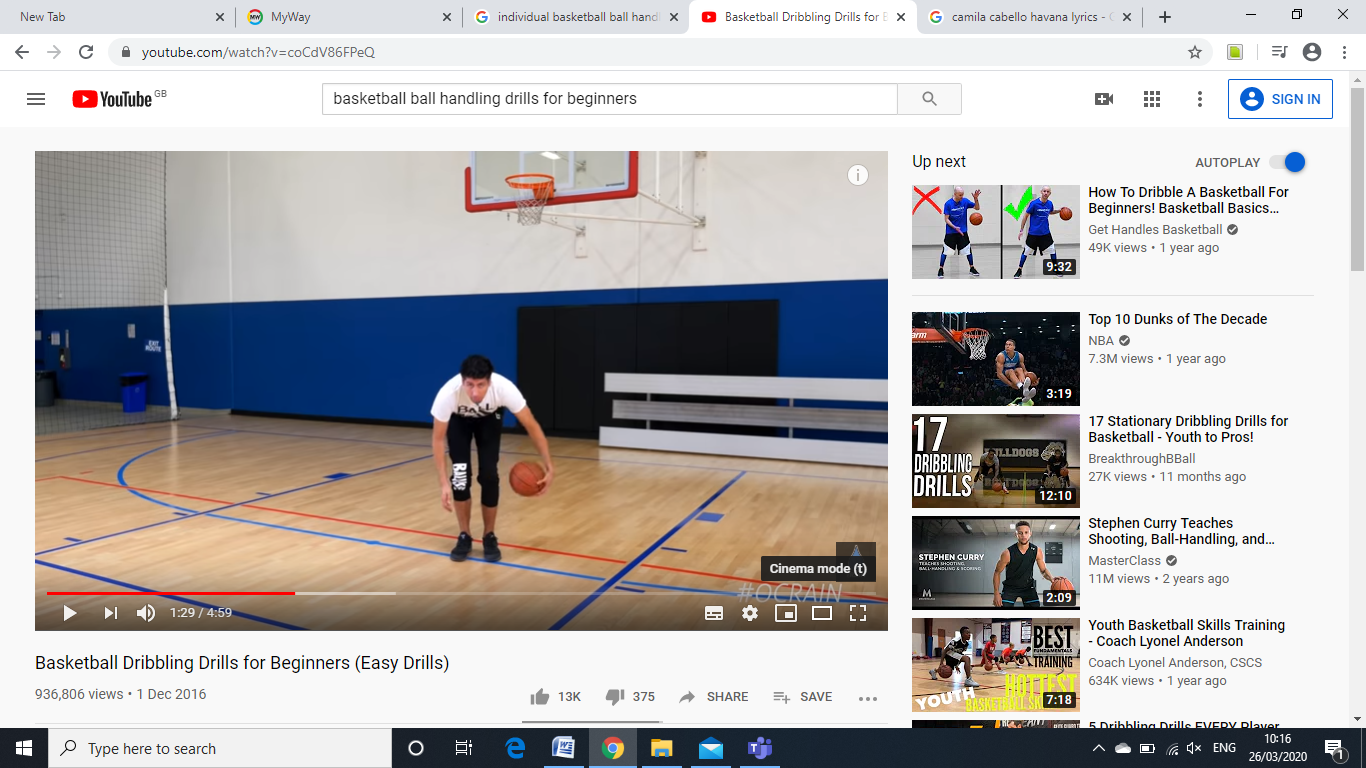
**Basketball Activity Challenge (1)**

**The NBA session is currently suspended, but that doesn’t mean you’re basketball skills need to slack.**

**Use these Basketball resources like Steph Curry, Lebron James and James Harden to improve your ball handling skills.**

**Instructions**

****

Arch the back and slightly bend the knees.

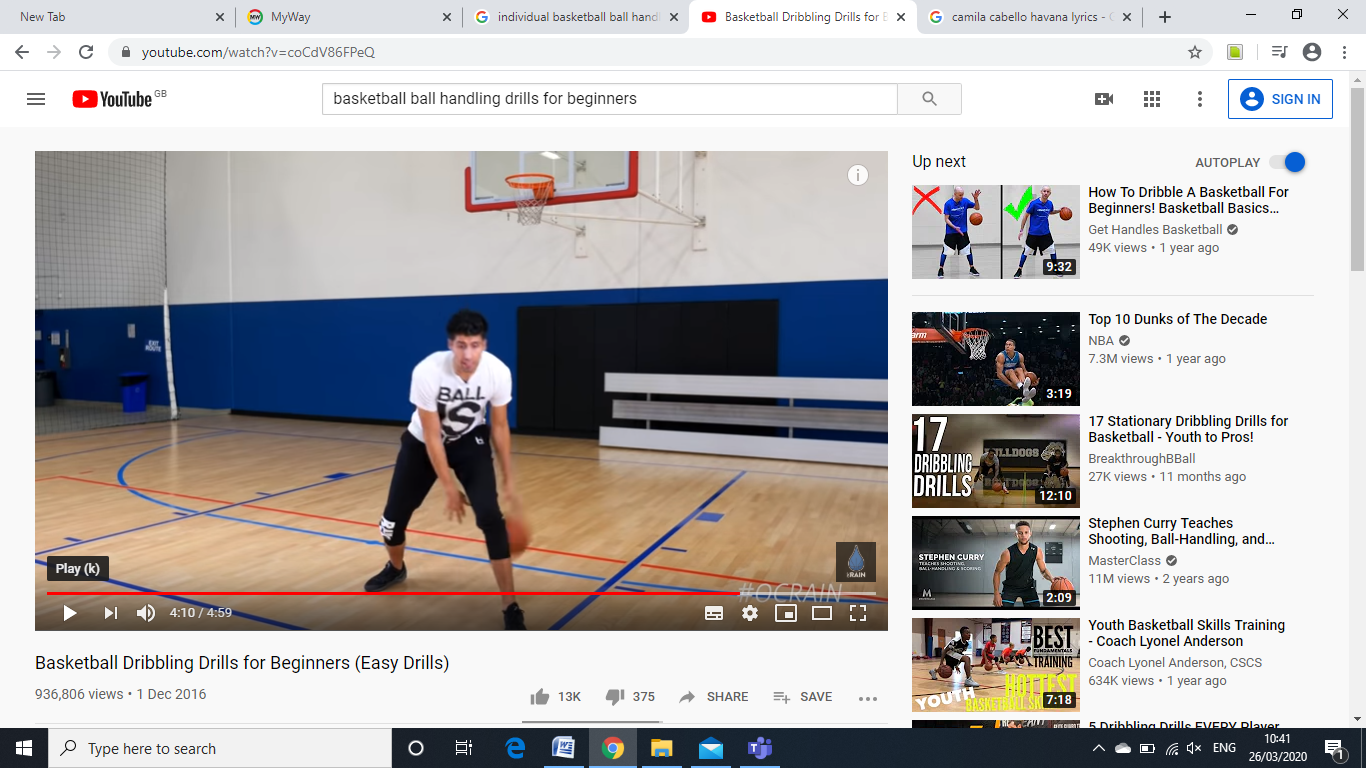
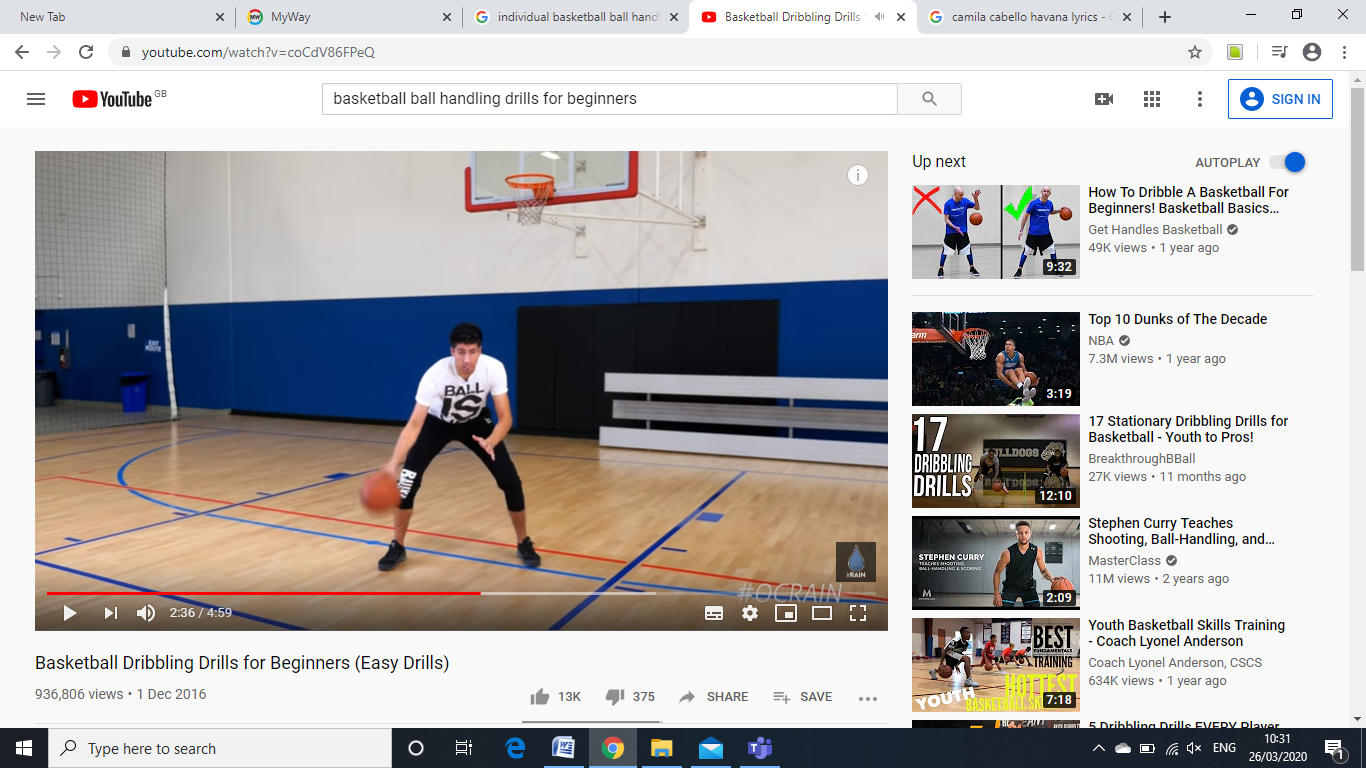
Position the ball in one hand and pass the ball in front of the knees to the other hand.

Then, pass the ball back behind the knees to the opposite hand.

This should make a full circle.

Begin slowly and steady then increase your speed as you improve.

\*TEST- how many loops can you do in 1 minute?\*

****

Bounce the ball on the spot using one hand.

Use your finger tips to push down and allow the ball to come back waist height.

Perform 20 bounce with each hand.

Progress to bouncing the ball from one hand to the other x40 times.

**Passing the Ball Through the legs**

Begin by stepping one leg forward and position the ball in the other hand.

Aim to bounce the ball at the centre point between both legs and receive on the other side.

Try to continuously bounce the ball back and forth.

Can you perform this with your opposite leg?