



Physical Education



Basketball Dribble Skills Practice



Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Basketball Skills	Su	M	Tu	W	Th	F	Sa
Dribble with right or left hand							
Dribble and switch between hands							
Jog/Run while dribbling							
Dribble in a zig-zag pattern							
Passing	Su	M	Tu	W	Th	F	Sa
Bounce pass							
Chest pass							
Offense	Su	M	Tu	W	Th	F	Sa
Dribble and keep defender from stealing the ball							
Pass to another player while being defended							