

MOTOR SKILLS FUN WORK

Practice for Dribbling

Practice doing some or all of these skills each day of the week.

Check off in the box each day that you worked on your skills.

Skill challenge one:

Dribble bounce patterns learned in lab. For example: bounce/catch, bounce/bounce/catch, bounce/dribble/catch...or think of your own...just be sure to keep control of the ball.

Skill challenge two:

See how many times you can dribble the ball with your dominant (the hand you write with) in a row. Too easy? Try dribbling with your other hand. Keep track of your highest number and tell your lab buddy next time you see them.

Skill challenge three:

Make sure that you have a lot of space and see how long a path you can walk while dribbling. Ten steps? Twenty? See how far you can get without losing control of the ball.

Cues (or things to remember):

- Use the pads of your hands
- Keep the ball below your waist
- Try to keep your arm/wrist loose and not stiff
- Try to use just one of your hands

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Comments from you or someone important to you:
