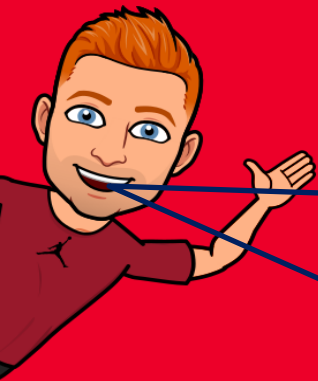


Home Learning Activities – Basketball/Netball KS1



Hi everyone! Hope you are all keeping well and staying active at home.

This week we are improving your ball handling skills. To do this we are practicing Basketball & Netball. You can use any ball (If it can bounce then even better!)

Share your pictures and videos with us on social media
 @LittleSportsCoaching

Basketball Bounce & Dribble:

- Start in a safe place with the ball.
- Bounce the ball with one hand (Try using your fingertips, not palms) and catch the ball
- Then repeat on the other hand
- To challenge yourself try 2 in each hand then 3 and so on.
- To see it in action, follow this link - <https://youtu.be/tUNkFIK5V1k>



Basketball & Netball Figure of 8:

- Stand with your legs shoulder width apart (a gap between them)
- With the tips of your fingers roll the ball around the back of one leg
- Then through the middle of your legs
- Then around the other leg (try using the other hand)
- To see this in action follow this link - <https://youtu.be/z-E-CBiGhkq>

Home Learning Activities – Basketball/Netball KS1



Catch against the wall:

- Stand 1 big step away from a wall
- Throw your ball against the wall and catch it
- You get a point for every successful catch
- See how many you can do in 1 minute
- If that is easy, then go further away from the wall
- Why not try do the bounce pass against the wall? Stand further away, the ball must bounce on the floor before hitting the wall, then try catch it

Target Hitting:

- Stand 3 steps away from the wall/target
- Throw the ball at the target if you hit it then you get 1 point.
- Try underarm and overarm
- You have 1 minute to try and get as many points as you can
- Why not try the bounce pass to hit the target after?

