

#StayInWorkOut

Dribbling the ball



Primary challenge card

Using any object as a hockey stick, dribble a ball around the house.

STEP

Ideas on how to adapt the activity in a national lockdown.

S



Space

- Try the activity inside or outside
- Use furniture as obstacles, but make sure there is nothing you can trip over

T



Task

- Make different shapes when dribbling the ball e.g a circle, a square or your name
- Try the activity whilst walking and then get faster
- Have your hands close together, then apart
- Try it with knees bent or stood upright
- Dribble with the ball in front or to the side

T



Time

- Aim to spend no longer than 30 seconds per attempt and then change to a new shape or obstacle

E



Equipment

- Use a hockey stick if you have one or find a suitable alternative e.g. long cardboard tube, swimming noodle
- Use a beach ball, balloon or any other round object
- Lay out different obstacles to dribble around

P



People

- Do this alone or with more people

In action

