**Dribble Race**

(Basketball, Soccer, or Spikeball Self-Passes)

[YouTube Video Demo](https://youtu.be/jjhD_r2AiOk)

**What you need:** 1 basketball, soccer ball, or spikeball; 10 cups or markers, a stopwatch

The object of this activity is to practice the Dribble Racecourse 4 times and record your timed attempt on the 5th run. You will do this for 5 days with a focus on improving each day.

Set up 10 cups or markers 2 large paces apart. Designate 1 cup as your starting/stopping marker. A timer will give you a start signal and start a stopwatch (or you can count Mississippi’s as you move).

**How long does it take you to get down and back around the cups?**

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| --- | --- | --- | --- | --- |
| **Day 1 Time** | **Day 2 Time** | **Day 3 Time** | **Day 4 Time** | **Day 5 Time** |
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**Reflection questions:**

1. Were you able to focus on your practice in order to work toward improving your time?
2. If you were able to focus, why? If you were unable to focus, why?