

SKILL-RELATED FITNESS

Challenge Activities

Dribble Race

(Basketball, Soccer, or Spikeball Self-Passes)

[YouTube Video Demo](#)

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?

Day 1 Time	Day 2 Time	Day 3 Time	Day 4 Time	Day 5 Time

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?

