

# 4 Fun Basketball Challenges



## 1. Practice the two-hand bounce.

See how long you can bounce the ball from one hand to the other

Now...try it with your eyes closed! Can you get to 3 in a row with your eyes closed??

## 2. Back and forth bounce.

Now play with an adult or friend. See how many times you can bounce the ball to each other. Take 2 steps away from each other each time you make a catch! How far away can you play bounce catch? (This game requires 2 or more people.)

## 3. Red light green light.

Each child needs their own ball for this game. When a grown up says “green light,” you dribble (that means to bounce the ball as you walk) the ball while walking. When a grown up says “red light,” that means to stop walking and dribble in place. “Yellow light” means to dribble while walking backwards.

## 4. Letter bounce.

Bounce the ball from one player to the next. Each time a player bounces the ball he has to say a word that starts with the following letter of the alphabet. For example, if you are playing with your friend, you could say “apple” and your friend would have to say a word that starts with the letter B. If you want to make it harder, choose a theme so every word you say has to follow the theme!