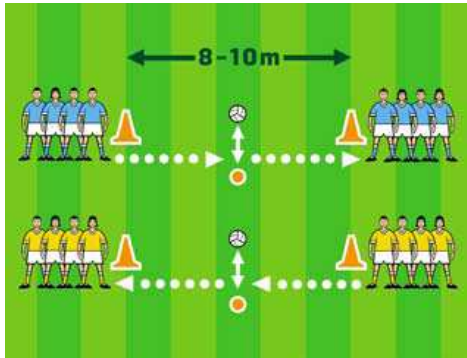


Basic Drill



Bounce on the Move

Player moves four steps, Bounces and passes on to the next player

Bounce

Key Points

1. Release the ball into one hand
2. Push the ball into the ground
3. Extend both arms to the ball as it returns
4. Hold the ball securely and bring it into the body

Head - Hands - Feet

STEP - Vary the activity

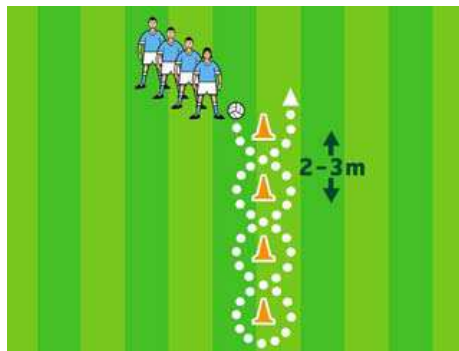
Vary Space

Vary Task

Vary Equipment

Vary Players

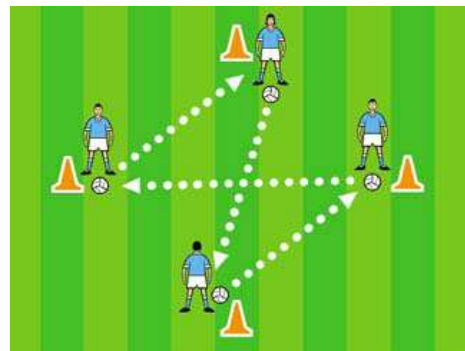
Intermediate Drill



Slalom Bounce

Players Bounce the ball while running around each cone, alternating hands.

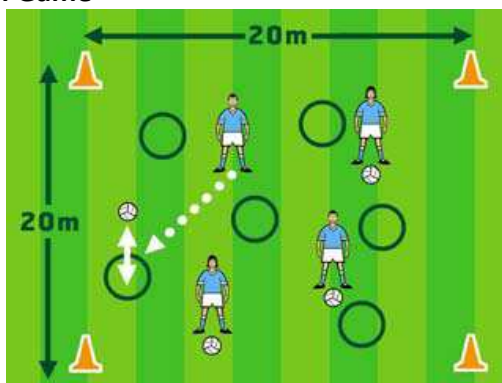
Intermediate Drill



Bounce and Turn

Players perform the Bounce while rounding each cone randomly

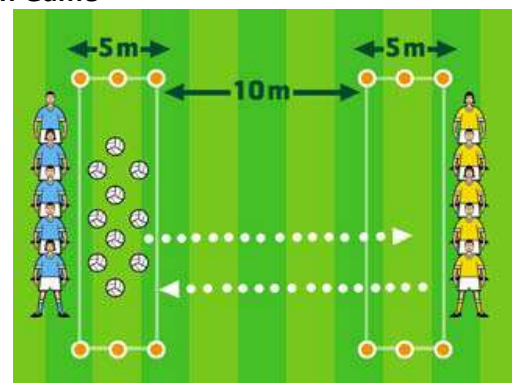
Fun Game



Space Invaders

Players Bounce the ball in as many hoops as possible in one minute

Fun Game



Grid Swap

In turn each team return each ball to their grid bouncing the ball along the way.