



Dribbling Stations

- Complete each station using DOMINANT hand/foot
- Repeat each station using NON DOMINANT hand/foot
- Improvise equipment at home ex: sock ball, beanbag, bucket, basket

Station 1: Tennis

- Go outside with a Tennis Racket and Tennis Ball.
- Dribble (Upward Strikes) as many times as you can.
- Dribble (Downward Strikes) as many times as you can.

Modification: bounce & catch the ball OR toss & catch the ball

**Parent/Sibling Challenge - Pass with partner. Are you stronger at a backhand stroke or forehand stroke? How many times can you bounce the ball with your racket?*

Station 2: Soccer

- Go outside with Soccer Ball in safe space
- Control Dribble a soccer ball around cones or tree
 - Cue words: inside or outside of foot
- Speed Dribble a soccer ball around cones or tree
 - Cue words: top of foot “laces”

**Parent/Sibling Challenge – Who can dribble the ball down and back the fastest? Who can control the ball the longest?*

Station 3: Basketball

- Draw circle/path with chalk & number each section.
- Dribble basketball # of times per section you are in.
 - Cue words: eyes forward, waist level, one hand, fingertips
- Walk and dribble a basketball for 2 minutes.
- Dribble twice, shoot once! Repeat 5 times.

**Parent/Sibling Challenge: Can you dribble with your eyes closed? Who can dribble between their legs? How many times can you dribble and shoot?*

Record Sheets

Directions: Use these charts to track your progress throughout the MONTH or use them to track the progress of the entire family!

Tennis Record Sheet

Date: _____

Directions: Practice continuously striking the tennis ball with the racket in the following 3 patterns. Practice all of the patterns as much as possible. Record your best 3 attempts in the chart.

Name	Upward Strike	Downward Strike	Challenge
	/ /	/ /	/ /
	/ /	/ /	/ /
	/ /	/ /	/ /
	/ /	/ /	/ /

Basketball Record Sheet

Date: _____

Directions: Practice continuously dribbling the basketball with your dominant hand, non-dominant hand, and then alternate hands. Practice all of the patterns as much as possible. Record your best 3 attempts in the chart.

Name	Dominant Hand	Non-dominant Hand	Alternating Hands
	/ /	/ /	/ /
	/ /	/ /	/ /
	/ /	/ /	/ /
	/ /	/ /	/ /