

# BOUNCE

## TIME TO BOUNCE



### COACHING TIPS

- ▶ Keep your back straight, knees and hips slightly bent and ball at the front of the body.
- ▶ Bounce the ball, making contact with one hand at about hip height.
- ▶ Wrist and elbow bend then straighten to push the ball towards the floor with the fingertips, try not to slap the ball.
- ▶ Ball bounces in front or to the side of the body.
- ▶ Maintain control of the ball

### THE GAME

How many bounces can you complete in 30 seconds? Add up your accumulate scores (daughter and dad) and see if you can beat it next time.

Time to challenge the family, but make sure you get some time to practice in first.

### DIFFICULTY LEVEL

#### Tricky

Bounce with your non-dominant hand.

#### Trickier

Bounce the ball across your body, alternating hands.

#### Trickiest

Set up two markers 5 metre apart in a straight line. Dribble the ball up, around and back as many times as you can in 30 seconds. Accumulate scores.

