



Basketball Games @ The Hub 2020

1. Shooting Challenge – Get 5 pairs of socks and a large bin or bucket. Take 4 large steps back and see how many socks you can score into it. Complete 5 times and count your total score.
2. Dribbling challenge – 20 right hand dribbles, 20 left hand dribbles, 20 crossover dribbles - repeat 3 times and note your score.
3. Passing challenge – get a pair of socks and a partner. Start close together, pass from one hand and have your partner catch with one hand only. Repeat back with you catching. Take a step back and repeat. See how many steps back before you drop the socks.
4. Shooting challenge – place your bucket in one spot. Have 3 pairs of socks to hand. Starting in close you must score at least 1 sock out of the 3 to move on. Step back and repeat. Step back until you do not score any of the 3 socks in the bucket. See how many steps away you can get.
5. Dribbling challenge – separating your feet into a wide stance. You must dribble the ball around your feet in a figure of 8. Keeping the ball as low as possible, complete this 6 times. Time how long it takes you to complete the task.
6. Shooting challenge – shoot the ball up into the sky. Whilst the ball is in the air you must touch your head, shoulders, knees and toes before catching it again. Make sure you throw it high enough. How many repetitions can you do before dropping it.
7. Passing accuracy challenge – Get out a large plate and place it 5 large steps away from you. With your right hand throw a pair of socks at it 10 times. Then do 10 with your left hand. Count how many hit the plate?

Shooting challenge – place your bucket in one spot. Grab a pair of socks. Spinning round on the spot 5 times you are then going to shoot into the bucket. If you miss spin around and try again.

Using a ball and basket or socks and a bucket. Show us your best trick!

Basketball Challenges

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Shooting	20-25	11-19	5-10		
2	Dribbling	2 mins or less	2-4 mins	More than 4 mins		
3	Passing	More than 4	2-4	1		
4	Shooting	More than 4	2-4	1		
5	Dribbling	Less than 18 seconds	19-40 seconds	More than 40 seconds		
6	Shooting	More than 4	2-4	1		
7	Passing	15- 20	10 -14	4- 9		