



Levels Challenge

BASKETBALL

- 1 Bounce and catch with two hands ☐
- 2 Bounce with two hands ☐
- 3 10 bounces with strong hand ☐
- 4 10 bounces with weak hand ☐
- 5 Right to left bounces 10 times ☐
- 6 Dribble with one hand while walking ☐
- 7 Dribble with one hand while jogging ☐
- 8 Dribble the ball around your body ☐
- 9 Bounce the ball under your leg once ☐
- 10 Dribble the ball under your leg three steps in a row ☐
- 11 Dribble the ball under your knees ☐
- 12 Dribble the ball for 10 seconds with your eyes shut ☐
- 13 Dribble the ball in a figure of eight ☐
- 14 Dribble two balls at the same time ☐
- 15 Complete every level in a row with only one mistake per level ☐