

## Basketball Relay

Level: Grade 3 and up

Objective: Students will use dribbling skill while running.

Procedures:

- 1) Divide class into four even teams.
- 2) Have each team line up behind the centerline.
- 3) Have the first member of each team dribble the ball to the assigned line and return to their team passing the ball to the next member of their team.
- 4) Once all players in the team have completed the task, the team will sit down and wait for the other teams to finish.

Assessment: Ob

Variations: Left handed dribble, alternating hand dribble, backwards dribble.