Dribble to the end of the bench, go diagonally to the cone and dribble around the cone. Come back again on the other side of the bench (figure 8).

Every lap is one point.

Basketball coach

Try and score in the basket by throwing the ball with one hand (set shot). The other hand is at the side of the basketball. Catch the ball and pass it to the next one in line.

Every time you score, you get two points.

Basketball coach

Standing behind the steps on either side you pass, using a bouncepass. You run to the other side and line up behind your teammate.

Each pass is one point.

Basketball coach

Do a slalom dribble around the cones swapping hands at each cone at the end of the slalom you pass back to the next one in line using an overheadpass

Every lap is one point.

Basketball coach

Try and score in the basket by throwing the ball with one hand (set shot). The other hand is at the side of the basketball. Catch the ball and pass it to the next one in line. The basket is someone on the box holding a basket.

Every time you score, you get two points.

Basketball coach

Start at the cone and dribble. Before the next cone, give a chestpass to your partner at the other side. When passing do not make more than two steps. Line up on the other side

Each pass is one point.

Basketball coach