

## RUN AND TOUCH

- Create two lines 15m apart (width of basketball court).
- Work in pairs - one person standing on sideline, one lying face down 2m in front.
- Each person standing has a basketball or similar.
- The ball is rolled to the partner who receives the ball, stands up and dribbles across the width of the court, and then throws the ball back to their partner.
- Return to starting positions, repeat 5 times and change over.

### Benefits

- Develops speed and agility
- Balance and control
- Ball handling
- Peer feedback

### Beginners Advice

- Begin over a shorter distance and with fewer repetitions.
- Practice the transition from ground to standing.
- Use smaller ball for smaller hands.

### Challenge

- Increase/decrease the distance depending on what the intention is.
- Build the amount of repetitions.
- Provide feedback to your partner.
- Switch dribbling hand.
- Catch ball while prone ie throw to partner lying down.

### Adjustments / What to look for

- Smooth transitions.
- Clean ball handling.
- Getting right down onto the ground.