

Basketball Season!

November 16 - November 20

Day 1: Parent signature _____

We are working on our dribbling this week! Dribbling is an important skill to move around with the ball on the basketball court.

<https://www.youtube.com/watch?v=CMQp0bwjokw>

Day 2: Parent signature _____

https://www.youtube.com/watch?v=BW_L2Njcwgc

Here I have included exercises that you can do at home that should improve your body physically for the game of basketball.