

# Figure-Eight Dribble Through Cones

Activity 8.5 Basketball Station Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



# Speed Rope Skipping

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# Curl-Ups

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# Chest or Bounce Pass With Partners

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# Push-Ups

Personal modifications are accepted.

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# Ball Hop

Place a Nerf soccer ball or playground ball between the knees and jump 20 feet (6 m), turn around, and jump back to the start line. Repeat for the duration of the station.

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# Plank

In either a full front support position (push-up) or on the knees, with the fore-arms supporting the upper body, hold in a plank position with the back flat.

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# Jump Rope

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# Basketball Spot Shot

Poly spots will be placed around the basketball hoop. Try to make a basket from each spot.

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# Shuttle Run

Run between lines or cones set 20 feet (6 m) apart.

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