

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: DRIBBLE

ACTIVITY: Basket Dribble^{1,2}

Description: The child dribbles a ball downward against a resistance band threaded through it, which is attached to a secured basket, while pushing the basket forward on a scooter board with their free hand. This activity is effective for children who find it challenging to keep the ball close to their body while dribbling.

Number of participants



[Click here to view video](#)

Set-Up

- Place the laundry basket on top of the scooter board
- Secure the laundry basket to the scooter board using a bungee cord
- Thread the resistance band horizontally through the centre of the dodgeball or tape around it²
- Use athletic tape to secure the band on both sides of the ball so it does not slide
- Clip or secure each end of the resistance band to opposite sides of the laundry basket
- Place weighted balls inside the basket to prevent the basket from shifting

Skills

Physical: hand-eye coordination, lower limb coordination, upper/lower limb coordination

Cognitive: sustained attention, selective attention, visual processing

¹ <https://vt.tiktok.com/ZSmY316xu/>

² <https://vt.tiktok.com/ZSmY3Yx3o/>

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Goal examples:

- I will dribble the ball against the resistance band while moving the scooter for 5 metres
- I can coordinate dribbling the ball and moving the scooter at the same time

Next Assessment Date:

Equipment

- 1 scooter board or skateboard
- 1 laundry basket or other bin
- 1-2 bungee cords
- 1 resistance band
- 1 dodgeball or lighter ball
- Weighted balls or other objects to place inside the basket for stability
- Box or riser to place under the basket for height adjustment, if

My personal goal:

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Wheelchair friendly?

This activity could be modified by placing a box under the laundry basket to raise the ball and the resistance band to a reachable height.

Modifications

To make the activity easier	To make the activity harder
Change the environment	
<ul style="list-style-type: none">Reduce the resistance of the band to decrease physical demand	<ul style="list-style-type: none">Increase resistance band tension to increase physical demand
Change the task	
<ul style="list-style-type: none">Allow the child to remain stationary and focus only on dribbling the ball to decrease physical demandFocus only on dribbling while an adult or peer pushes the scooter to decrease physical demand	<ul style="list-style-type: none">Require continuous dribbling while moving the scooter for a set distance or time to increase physical demand