

**Be ambitious this week with coach David's basketball challenge board!  
Can be done with any kind of ball that bounces**

1. 100 bounces with 2 hands together
2. 100 bounces with your dominant hand (hand you write with)
3. 100 bounces with your weaker hand
4. 100 bounces moving forward you choose the hand
5. 100 bounces moving backwards
6. 100 bounces moving sideways
7. 100 bounces changing hands
8. 100 bounces changing hands and moving every direction
9. 100 bounces while skipping
10. 100 bounces of your own tricks (think under the leg, do a spin) you decide!