



March Madness Basketball Bingo!

ELEMENTARY

Your Name: _____

Perform 10 chest passes with a partner.	Attempt 5 free throws	Throw the ball in the air 10 times, clap, and catch it before it hits the ground.	Try to make a shot using only one hand.	Dribble side to side in front of your body 25 times
Try dribbling behind your back.	Alternate between dribbling low and dribbling high 10 times.	Practice dribbling while doing a spin move.	Shoot a free throw with one hand.	Bounce the ball off a wall and shoot it into the hoop.
Perform a layup	Move the ball in a figure 8 around the legs without bouncing it.	FREE SPACE	Practice an alley oop with a teammate!	Attempt to spin the basketball on your finger for 5 seconds.
Move the ball around your waist 10 times without dribbling.	Toss the ball in the air, spin in a circle, and catch the ball.	Shoot, grab your own rebound, and score again.	Spin the ball to yourself, catch it, and shoot immediately.	Make a layup with your opposite hand!
Do 10 overhead passes against a wall.	Try a shot while sitting down.	Shoot a shot while balancing on one leg.	Sprint to the other side of the basketball court and shoot a layup.	Dribble the ball 10 times with your eyes closed.



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Middle School/High School

Your Name: _____

Dribble with your opposite hand for 30 seconds.	Make a free throw	Throw the ball in the air 10 times, clap, and catch it before it hits the ground.	Try to make a shot using only one hand.	Make a layup with your opposite hand.
Dribble behind your back 5 times.	Make a 3 point shot!	Shoot a bank shot off the backboard.	Shoot a free throw with one hand.	Try a trick shot from a creative angle.
Make a bank shot from at least 10 feet away.	Make a shot by bouncing the ball off the ground and into the hoop!	FREE SPACE	Practice an alley oop with a teammate!	Attempt to spin the basketball on your finger for 5 seconds.
Shoot the ball and make a swish (ball doesn't touch the rim).	Make three shots in a row from different spots.	Make a shot from the top of the three point line.	Spin in a circle 10 times and then immediately make a basket	Try a "buzzer-beater" shot at half-court
Do 10 overhead passes against a wall.	Make a shot while sitting down.	Make a shot while balancing on one leg.	Sprint to the other side of the basketball court and shoot a layup.	Dribble the ball 10 times with your eyes closed.