

Mastering Ball Skills with Max the Monkey

Keep your eyes on the prize and your feet moving—let's get active with Max!

- **Control is the secret to success:** Always keep the ball close to your body to ensure the opposition cannot intercept your progress.
- **The power of the pivot:** When you have the ball, use one foot as an anchor to rotate and scan the area for your teammates.
- **Eye-hand coordination:** By tracking the ball's movement with your eyes, you improve your ability to catch, bounce, and strike with precision.
- **Spatial awareness:** Great athletes always look around the court or field to see where space is opening up before they make their next move.
- **Tactical passing:** Think of a pass as a maths puzzle; consider the speed and distance required for your teammate to receive the ball safely.

Did you know? Did you know? When you dribble a ball, you are using the force of your hand or foot to control its trajectory. Max the Monkey has calculated that if you apply a consistent rhythm, the ball will return to your hand at the exact same height every time!

Key vocabulary: Dribbling · Coordination · Trajectory · Spatial awareness · Control · Pivoting · Accuracy