

Supplementary file S1

Classes held in the motor intervention program

Class 1 – Warm-up; Catch all; Bounce the Ball in different directions; Bounce the ball freely around the court.

Class 2 – Warm-up; Relay race with and without bouncing the ball; Dribbling between cones and shooting into the basketball hoop (different types of ball, each student with a ball).

Class 3 – Warm-up; Catch all; Race with and without bouncing the ball; Dribbling between cones and shooting into the basketball hoop (different types of ball, each student with a ball).

Class 4 – Warm-up; Bouncing the ball in pairs; Catch one bouncing the ball.

Class 5 – Warm-up; perform the dribble and pass the ball to each other.

Class 6 – Warm-up; "Steal" your friend's ball; Catch one bouncing the ball just running in the court lines (each student with a ball).

Class 7 – Warm-up; Dribble between cones (each student with a ball): Game similar to Corfebol but you need bouncing the ball.

Class 8 – Warm-up; Dribble around the court (each student with a ball); Game similar to Corfebol but you need bouncing the ball.

Class 9 – Warm-up; Dribble around the court (each student with a ball); Mini basketball in pairs.

Class 10 – Warm-up; Mini basketball in quartets.