



Dribbling

TIPS FOR SUCCESS



- DRIBBLE WITH FINGERTIPS
- KNEES BENT
- EYES UP
- KEEP IT LOW



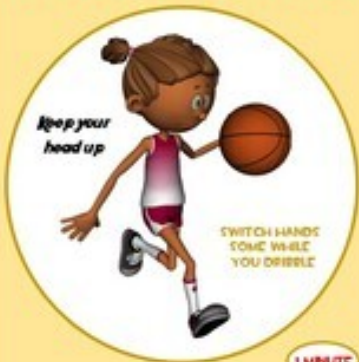
CHEST PASS

TIPS FOR SUCCESS



- FACE YOUR TARGET
- STEP WITH DOMINANT FOOT
- USE HAND TO PUSH BALL
- AIM FOR THE LETTERS ON THEIR SHIRT

DRIBBLE & MOVE



1 MINUTE

Dribble the ball as you move around the playing area. You can walk, jog, or slide step as you travel.

5

BASKETBALLS



DRIBBLE THE LINES



1 MINUTE

Dribble the ball on the gym lines as you move around the playing area. You can walk, jog, or slide step as you travel.

6

BASKETBALLS



DRIBBLE AND PASS

INSTRUCTIONS

USE THE PROPER DRIBBLING CUES

1. WAIT AT THE START LINE FOR YOUR TURN TO DRIBBLE
2. WHEN THE BALL COMES BACK AND YOU ARE AT THE FRONT OF THE LINE, IT IS YOUR TURN TO GO
3. DRIBBLE THE BASKETBALL FROM THE START LINE TO THE PASS LINE
4. CHEST PASS OR BOUNCE PASS THE BALL OFF THE WALL 3 TIMES
5. DRIBBLE BACK TO THE START LINE AND "HAND OFF" THE BALL TO THE NEXT PERSON IN LINE
6. WAIT FOR YOUR TURN AGAIN



STATION EQUIPMENT
ENOUGH BASKETBALLS OR PLAYGROUND BALLS FOR EVERY STUDENT



BALL TYPE: BASKETBALLS OR PLAYGROUND BALLS

Dribbling with Hands- Task Card

Dribble in place

- * Keep eyes up.
- * Use finger pads.
- * Bounce ball up to your waist.
- * Push ball down. don't slap it.

While Standing Still:

- 1) 20 main-hand dribbles.
- 2) 15 weak-hand dribbles.
- 3) 12 crossovers (back and forth).
- 4) Dribble between your legs 7 times.
- 5) Dribble a circle around your body 3 times.
- 6) Crossover dribbles behind your back 5 times.

