



DRIBBLING
with hands



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I make sure to keep my **knees slightly bent**.



I keep my **opposite foot forward** when dribbling in personal space.



I make contact with the ball using my **finger pads only**.



I make contact on the **top of the ball** (or slightly behind the ball when travelling, keeping it to the side and in front of my body).



My **eyes look over** - not down at - the ball.



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