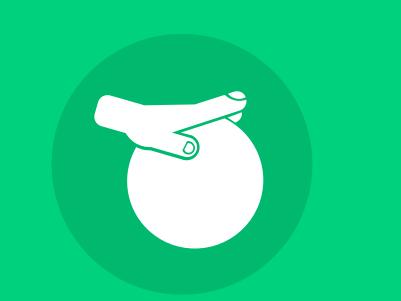




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DRIBBLING with hands





I make sure to keep my knees slightly bent.



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







P

P

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.



pads only.

body).

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



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

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

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

