



DRIBBLING

with hands



Important Keys

- 1 I make sure to keep my knees slightly bent.
- 2 I keep my opposite foot forward when dribbling in personal space.
- 3 I make contact with the ball using my finger pads only.
- 4 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).
- 5 My eyes look over - not down at - the ball.

