

1 Dribbling (w/ hands)

Manipulative Skills

2 Dribbling

- ◆ Dribbling is striking downward, generally with the hands.
- ◆ Common problems with beginning dribblers:
 - maintaining the dribble in a continuous manner
 - ◆ force production & the 2 handed dribble
 - watching the ball
 - dribbling while traveling

3 Dribbling

- ◆ Once children can maintain a continuous dribbling pattern they are ready for more complex tasks:
 - w/ head up, changing directions, at different levels, pivoting, shielding, etc
 - ◆ game like situations can be introduced
- ◆ Dribbling requires fine hand-eye coordination.