

## Manipulative Skill: Dribbling With Hands

Rating	Body	Space	Effort	Relationship
Advanced	Consistent mature performance (as described in the box below)	Can dribble in any direction and along any pathway.	Can vary speed on demand.	Can dribble around moving obstacles.
Proficient	<ul style="list-style-type: none"> <li>• Uses finger pads to push ball down.</li> <li>• Keeps ball in front and slightly to side of body (to right if bouncing with right hand, to left if bouncing with left hand).</li> <li>• Keeps elbow of bouncing arm flexed.</li> <li>• Keeps wrist firm.</li> <li>• Bounces ball waist high.</li> <li>• Keeps chest and head up.</li> </ul>	Can dribble along varied pathways.	Can dribble consistently at slow and medium speeds, thus varying force.	Can dribble with control around stationary obstacles.
Developing	<ul style="list-style-type: none"> <li>• Uses finger pads to push ball down but slaps ball with palm on occasion.</li> <li>• Ball position is not consistent.</li> <li>• Bounces ball waist high most of time.</li> <li>• Head is not up consistently.</li> </ul>	Can dribble in straight pathway and in open general space.	Cannot vary speed consistently; generates little force.	Can dribble around stationary obstacles with some control.
Beginning	<ul style="list-style-type: none"> <li>• Uses palm of hand.</li> <li>• Ball is bounced low and sometimes too high.</li> <li>• Focus is on ball.</li> </ul>	Can bounce in open general space.	Force is not controlled at will.	Cannot dribble around obstacles.