

I. Ball bouncing	
A Initial stage	<ol style="list-style-type: none"> 1. Ball held with both hands 2. Hands placed on sides of ball, with palms facing each other 3. Downward thrusting action with both arms 4. Ball contacts surface close to body, may contact foot 5. Great variation in height of bounce 6. Repeated bounce and catch pattern
B Elementary stage	<ol style="list-style-type: none"> 1. Ball held with both hands, one on top and the other near the bottom 2. Slight forward lean, with ball brought to chest level to begin the action 3. Downward thrust with top hand and arm 4. Force of downward thrust inconsistent 5. Hand slaps at ball for subsequent bounces 6. Wrist flexes and extends and palm of hand contacts ball on each bounce 7. Visually monitors ball 8. Limited control of ball while dribbling
C Mature stage	<ol style="list-style-type: none"> 1. Feet placed in narrow strike position, with foot opposite dribbling hand forward 2. Slight forward trunk lean 3. Ball held waist high 4. Ball pushed toward ground, with follow-through of arm, wrist, and fingers 5. Controlled force of downward thrust 6. Repeated contact and pushing action initiated from fingertips 7. Visual monitoring unnecessary 8. Controlled directional dribbling
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Slapping at ball instead of pushing it downward B. Inconsistent force applied to downward thrust C. Failure to focus on and track ball efficiently D. Inability to dribble with both hands E. Inability to dribble without visually monitoring ball F. Insufficient follow-through G. Inability to move about under control while dribbling 	

