

Module 1: Dribbling

Introduction

Basketball dribbling is one of the most important skills players must master to play the game of basketball. It is one of two ways to move the ball down the court. The player with the ball cannot travel unless he is dribbling the ball.

Task 1: Stationary Dribbling (Partner-Check)

Equipment: 1 basketball per player

Performance Cues for Task 1 A-C:

Finger pads	Remember to use the soft parts of your fingers.
Knees bent	As you dribble, bend your knees a little.
Waist-high	Try not to let the ball bounce higher than your waist.
Hand on top of ball	Make sure your hand touches the ball almost on the top.
Forward/backward stance	The foot opposite the hand you are dribbling with should be a little in front.

- a. You and your partner get into self-space. Using the performance cues above, dribble the ball using your right hand only. **To complete this task, you must dribble the ball 30 times without losing control.**

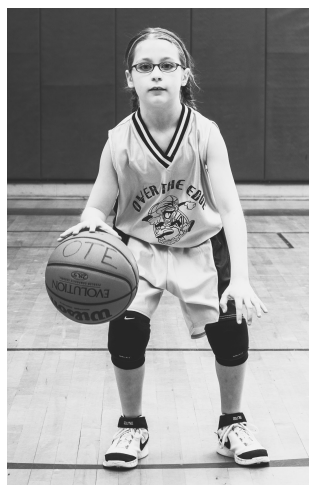
- When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1A**.

- b. Using the performance cues above, now dribble the ball using your left hand only. **To complete this task, you must dribble the ball 30 times without losing control.**

- When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1B**.

- c. Using the performance cues above, begin dribbling with your favorite hand. After 10 dribbles, switch to the other hand and continue dribbling. Don't catch the ball; simply switch from dribbling with one hand to dribbling with the other. **To complete this task, you must switch hands 10 times.**

- When completed, go to the Personal Recording Form and have your partner sign his/her name and write the date that the task was completed on **Line 1C**.



Forward/Backward Stance



Finger pads, hand on top of ball

Task 2: Dribbling While Traveling (Self-Check)

Equipment: 1 basketball per player

Performance Cues for Task 2 A-F:

Hand a little behind the ball	For traveling and dribbling, your hand position changes; keep your hand just a little behind the ball.
Ball to the side	For traveling and dribbling, keep the ball slightly in front of you and to the side of your body.

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- d. Using the performance cues above, dribble with your right hand while walking. **To complete this task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2A.**
- e. Using the performance cues above, dribble with your left hand while walking. **To complete this task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2B.**
- f. Using the performance cues above, start dribbling with your favorite hand while walking. After three dribbles, change dribbling hands and keep walking. Continue to switch hands after every three dribbles. **To complete task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2C.**
- g. Using the performance cues above, dribble with your right hand while jogging. **To complete this task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2D.**
- h. Using the performance cues above, dribble with your left hand while jogging. **To complete this task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2E.**
- i. Using the performance cues above, start dribbling with your favorite hand while jogging. After three dribbles, change dribbling hands and keep jogging. Continue to switch hands after every three dribbles. **To complete this task, start at the wall with bleachers and dribble to the entrance wall and back without losing control of the ball.**
 - When completed, go to the Personal Recording Form, sign your name, and write the date that the task was completed on **Line 2F.**