

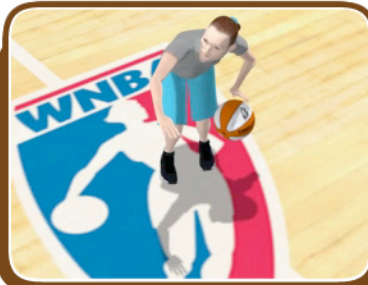


# Coaches' GAME PLAN



## Skills

### Basic Dribbling



### 01



Establish feel for the ball with the pads of fingers.



### 02



Do not dribble with palms of hand.



### 03



Be in ready position with knees bent and seat down.

Knees Bent



Dribble Below Waist

### 04



Dribble under control and bounce ball below waist and closer to floor when guarded.

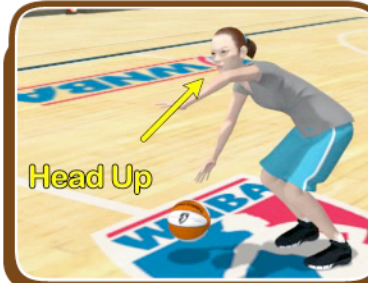


Protect The Ball With Opposite Hand And Arm

### 05



Bounce ball close to body/protect dribble with opposite hand and arm.

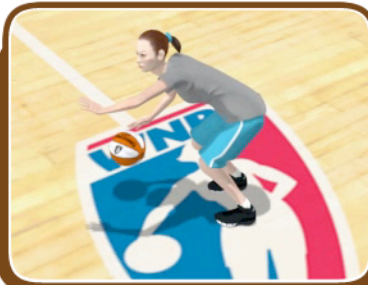


Head Up

### 06



Keep head up to see court and teammates.



### 07



Be patient with younger players as they fight keeping their head up.



Dribble With Both Hands

### 08



Teach players to dribble with right and left hand.

## Notes: