

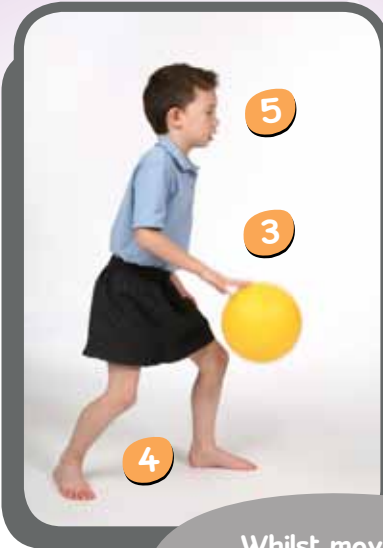
As they become more skilful  
**Manipulative**

# Dribbling with Hands

Dribbling is bouncing the ball and moving at the same time. Dribbling requires good hand-eye coordination. It is important in basketball, handball, playground games and rhythmic gymnastics.

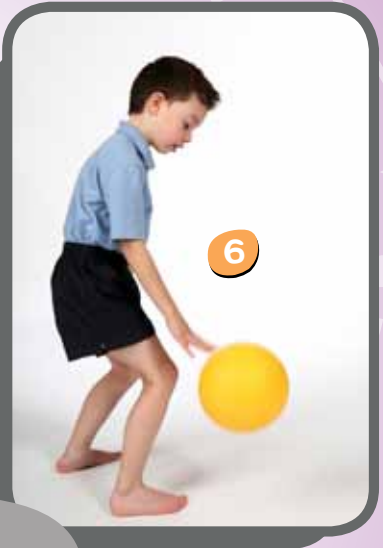


**1** The knees are bent, and legs shoulder-width apart



**2** With either hand, push the ball to the floor leaning slightly forward

**3** Spread the fingers over the ball



**4** Whilst moving, bounce the ball at hip height and slightly to the side

**6** Keep the ball under control

**5** Keep the head up, looking around

**If you see...**

Observation	Likely cause	Solution
Bumps into others	Looking at the ball	Keep head up and look around
Lose control of the ball	Ball too far in front of the child	Keep ball just in front and to the side of the body
Ball bounces too high	Slaps the ball	Spread finger tips over the ball and push to the ground
Ball bounces off the child's body	Ball is bounced too close to the child's feet and body	Bounce the ball at hip height, slightly to the side of the body. Use markers to create channel to bounce ball in


**Opportunity to develop:**  
 Coordination - Manipulative skills  
 Balance - Control  
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

**Safety!**  
 Ensure...  
 children keep their heads up


# As they become more skilful

## Manipulative


### Dribbling with Hands




mostly x's  
✓ and x  
mostly ✓'s



- Bounce and catch the ball with two hands within an area
- Walk around the space balancing the ball on one hand; to encourage arm's length and using one hand
- Walk or run around the space. Using one or two hands pat ball/balloon into air, pat onto ground, pat along ground
- Bounce a ball downwards and catch whilst walking



- Bounce and catch the ball walking with one hand
- Dribble the ball on the spot and move around whilst bouncing
- Dribble the ball within an area
- Dribble the ball for five paces



- Bounce and catch the ball whilst running
- Dribble the ball whilst moving
- Dribble the ball along a narrow path/line
- Dribble the ball and change direction
- Dribble the ball around obstacles



- Dribble with hands in different directions and at different speeds, then in response to a range of cues
- Dribble with hands following a Figure of 8, W, M, Square, slalom pathway
- Combine dribbling with hands, bouncing, catching, throwing and fast feet in response to a range of cues, using different directions, pathways and speeds

Can you see...?

- The child keeping their head up and looking around?
- The child bending their knees and leaning forward slightly?
- The child's finger tips spread over the ball?
- The child's ball bouncing to hip height?
- The child bouncing the ball in front and to the side of their body?
- The child dribbling with both hands?