Skill Phases for Dribbling

Preparatory phase
- Triple threat: legs shoulder width apart, one slightly in front of the other, knees bent. Ready to shoot, pass or dribble.

Wind-up phase
- Position body between ball and defender-(if right handed) Drop right foot back
- Left hand comes up parallel to body-create a strong/stiff arm- protect your space!

Force phase
- Push ball down ward
- Only part of the body contacting the ball is the figure pads (not figure tips)
- When moving, knees are always bent- ball is kept close the body- step is taken with each bounce.

Recovery phase
- Ball is received by figures
- Elbow and ball stay below waist height (indicated by yellow line)