

FOREHAND DRIBBLE

TAP (OPEN) OR DRAG (CLOSED)



NOTE: The dribble is the hardest skill to learn and must be practiced. The proper left hand grip is key to this skill. With new players encourage them to practice their dribble every session as much as they can. Remind them to look up as much as possible so they are aware of their surroundings.

- No Side to Side Movement

- ☐ Left hand at top - Firm grip
(V grip off-set and center w/ back of stick)

Hand Position

- ☐ Right hand - loose grip
- ☐ Left Elbow Bent - Right Elbow Extended
- ☐ Dexterity of wrists

Body Position

- ☐ Feet shoulder width apart
- ☐ Knees bent, hips lowered
- ☐ Weight on left foot/ball on left side
- ☐ Weight on right foot/ball on right side

Ball Position

- ☐ Ball position is away from feet.
- ☐ Elbows away from body
- ☐ Shift Weight