

Delivering force to a moving object with the hand at waist level, while remaining stationary or moving.



- Position hand at waist height
- Relax fingers and spread them outwards
- Lean slightly over the ball

- Meet the ball with the pads of the fingers by pushing it downwards and slightly forwards
- Bend hips and knees during the bounce

- Keep the hand at waist level for the next bounce

I can also...

- play basketball
- play handball
- play four square

Self Check Questions:

- Can I keep my head up while dribbling?
- Can I move while controlling the ball?
- Is my hand at waist height to control the ball?