Dribbling with hand occurs when the ball is pushed in a forward-and-downward movement. It requires good dynamic balance and space awareness as your child needs to travel with a ball that is usually leading. Generally, only children who have achieved some proficiency with the bounce can dribble with hand.

Although dribbling with hand is a skill used primarily in the game of basketball, many children are drawn to the inherent attraction of moving with a ball. The developmental phases of this dribbling skill are similar to those of bouncing.
Teaching Strategies
Dribbling with Hand

What to do if your child...

... has difficulty travelling with the ball?
• Get your child to walk and “drop, catch” ball, always dropping it a little forward and catching it at about waist level.
• Walk with your child and prompt him to stay close to the ball.

... is unable to dribble continuously?
• Get your child to “drop, push, catch”; “drop, push, push, catch” and so on.

... does not look ahead when dribbling?
• Get your child to practise dribbling along a marked line from one end to the other.
• Progress to directional changes if child is able.

... tends to collide with others when dribbling?
• Prepare two or three differently coloured bean bags/“traffic lollipops”.
• Child to dribble freely around a designated space.
• At regular intervals, call out for your child to look up and name the colour you are displaying.

Approximate Age of Development (in years)

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial</td>
<td></td>
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<td>Transition</td>
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<td>Mature</td>
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</tbody>
</table>
## Variations

**“Can your child dribble with hand...?”**

<table>
<thead>
<tr>
<th>How the body moves</th>
<th>Force/Effort</th>
<th>Time</th>
<th>Flow</th>
</tr>
</thead>
<tbody>
<tr>
<td>• a heavy/light ball</td>
<td>• quickly/slowly</td>
<td>• while stopping at every third bounce to change direction</td>
<td></td>
</tr>
<tr>
<td>• a small/medium-sized ball</td>
<td>• in alternating quick-slow timing</td>
<td>• following a drum beat</td>
<td></td>
</tr>
<tr>
<td>• quietly/loudly</td>
<td>• from one cone to another taking big/small steps</td>
<td>• and travel freely around a designated space</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
<th>Direction/Pathways</th>
<th>Levels/Extensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• and turn around on the spot</td>
<td>• forward/backward</td>
<td>• below the knee level</td>
</tr>
<tr>
<td>• to a wall and back</td>
<td>• diagonally</td>
<td>• in varying low-medium-high levels</td>
</tr>
<tr>
<td>• up a ramp</td>
<td>• along a straight/zigzag line</td>
<td>• keeping ball close to/far from his body</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>With whom/What the body moves</th>
<th>Self (body parts)/People</th>
<th>Objects</th>
</tr>
</thead>
<tbody>
<tr>
<td>• using both hands</td>
<td>• around a hoop</td>
<td></td>
</tr>
<tr>
<td>• with alternating left-right hand</td>
<td>• in and out of a hoop</td>
<td></td>
</tr>
<tr>
<td>• to you standing nearby/at a distance</td>
<td>• to and fro between two cones placed a distance apart</td>
<td></td>
</tr>
</tbody>
</table>

### COMBINATIONS

- A medium-sized ball below his hips, along the lines on a basketball court, and changing direction when he reaches a cone on the line
- Lightly, slowly, and between two wide lines on the floor
Activity 1
Dribbling with Hand

WHAT YOU NEED

- A ball

HOW TO PLAY

- Have your child sit down and drop-catch a ball.
- Get your child to do the activity in different ways.

Ways to drop-catch a ball
- With both hands while standing
- With both hands while walking around the entire house
- With one hand while standing
- With one hand, while alternating between sitting and standing with each bounce of the ball
- While hopping
- While skipping
- While jumping

- Challenge your child to dribble using other parts of his body, such as his wrist or elbow.

- Do this activity with your child. He has to try and match your bouncing rhythm.
Activity 2
Dribbling with Hand

WHAT YOU NEED
- A ball
- Big cut-out circles in three colours, green, yellow and red
- Objects found at home to serve as obstacles

HOW TO PLAY
- Get your child to explore dribbling with a ball.
- Encourage him to walk around while dribbling.
- Have him dribble to your instructions.

Instructions
- Start dribbling around when the light is green
- Prepare to stop when the light is yellow
- Stop and freeze when the light is red

BE AWARE
- Flashing different colours will train your child to look up and avoid collisions while travelling.

Challenge your child. Randomly place objects found at home within the play area. Ask your child to continue dribbling to your instructions while avoiding the obstacles.

Challenge your child further. Have him repeat the activity while jogging, hopping, skipping or jumping.