Let's get started

1. **Controlled dribble**
   - Spread your fingers and cup your hand slightly to ensure that your palm, fingers and thumb are in good contact with the ball.
   - Bend your knees and hips slightly, with feet shoulder-width apart.
   - Extend your elbow, wrist and hand as you push the ball to the floor.

2. **Let’s get started**
   - Select some safe and interesting items to use as obstacles (e.g. pylons, skipping ropes, hula hoops).
   - Plan a challenging course for the players to manoeuvre around.
   - Each person needs a partner to time them.
   - One at a time, the players manoeuvre around the obstacles as fast as they can without losing control of the dribble.
   - Add five seconds each time the player loses control of the ball.
   - When finished, the player lines up again to try and beat their fastest result.

**Double the dribble difficulty**
At different parts of the course, add instructions to try other types of dribbles such as the “behind the back”, “between the legs” or “moving backwards” dribble.