

C & M A Sun Kei Secondary School

Physical Education

S1 Basketball Dribbling

Class: _____ ()

Name: _____

Tips of dribbling

1. Use your fingers instead of your palm
2. Keep your knees bent
3. Keep your back straight
4. Keep your eyes up
5. Dribble the ball below the waist

Self-check

Level 1

Standing Dribbling		10 times Finish “√”	20 times Finish “√”	30 times or above Finish “√”
1	Right hand dribble			
2	Left hand dribble			
3	Half circle right hand			
4	Half circle left hand			
5	Continuous cross overs			

Level 2

Student dribbles ball to the target line (20m) and goes back.		1 trial Smooth “√”	2 trial Smooth “√”	3 trial Smooth “√”
1	Right hand dribble			
2	Left hand dribble			
3	Continuous cross overs			

Level 3

Student dribbles ball to the target line (20m) and goes back within 6 seconds.		1 trial “√”	2 trial “√”	3 trial “√”
1	Right hand dribble			
2	Left hand dribble			
3	Continuous cross overs			