

# Dribble High & Low HowTO



Red spot = dribble high or standing to waste with control

Yellow spot = dribble low or bending down with control

**\*Remember to dribble with control while moving from spot to spot**



# Dribble the number star path HowTO



Dribble while moving with control from star number 1 to 2 to 3 and keep going to your favorite number

Dribble while moving with control from star number 5 to 10 to 15 counting by 5's

Dribble while moving with control all the odd numbers or even numbers

Dribble with control while standing on a star, the number of repetitions indicated by the number on the star



Dribble with control while standing on a star, start at the number indicated and count backward the number of repetitions indicated by the number on the star





# Dribble Weave Pathways HowTO



Using sidewalk chalk, draw several curvy, straight, zig zag, spiral pathways on the sidewalk – use your creativity for different types of paths.

Dribble while moving with control down each pathway drawing.

Dribble while moving with control down and back on each pathway.

Dribble while moving with control moving from one pathway to another.

Dribble while moving with control from different levels such as low, medium, high

Create your own dribble activities maybe dribble toward a laundry basket sitting on the bed and shoot into the basket.

Remember to ask parents and be safe!

