

How to Dribble a Ball

PARENTS/CARERS - PLEASE MAKE SURE THERE IS NOTHING BREAKABLE AROUND

You will need:-

- Hockey stick. If you have not got one, see the section on how to make your own.
- Hockey ball, or a Tennis ball, or a similar size ball or a pair of rolled up socks.

1. Hold your hockey stick as in the pictures below. Left hand at the top and your right hand just below.



2. You are only allowed to touch the ball with the flat side of your hockey stick, or the card with your home-made stick. To dribble the ball round, all you need to do is to push the ball using the flat side or the card.



3. You will find this will be easy going in one direction. However, when you want to go the other way, you will need to turn the hockey stick in your hand.



The easy way to do this is to slightly relax the grip on the stick with your bottom hand and then twist the hand at the top of the stick.

REMEMBER YOU CAN ONLY TOUCH THE BALL WITH THE FLAT SIDE OF THE STICK OR THE PIECE OF CARD.