

CoRE Concept

Fun Skills Air Dribbling For Eye-Hand Coordination

The Grip

- ❑ Stick grip should be similar to dribbling position but in the air
- ❑ Discourage players from rearranging grip for comfort, many will reverse their regular grip
- ❑ Reinforce right hand offering a touch on the ball
- ❑ Stick guides ball back over the ball towards feet
- ❑ Ball is 'picked up' off the ground and controlled

Try some of these Tricks:

1. Bounce the Ball on the Stick as many times as possible
2. Balance Ball on Stick for as long as possible
3. Try these tricks with motion: walking and running

