

Title:

Dribbling Your Way Out Of Trouble

Word Count:

754

Summary:

Learning to play basketball is a lot of hard work. One of the most basic things a player has to

Keywords:

sport, basketball, basketball plays, history of basketball, basketball court dimensions, basket

Article Body:

Learning to play basketball is a lot of hard work. One of the most basic things a player has to

The following measures are observed to ensure that dribbling is done properly in basketball.

The use of finger pads. The padded part of the fingers is used by the player to control the ball.

Both hands should be able to dribble. Practice is needed in order for the player to dribble with

Shield with the other hand. While dribbling with the active hand, the free hand should be used

Keep eyes open and head up. This way, the player is able to see the whole court and take an ap

Quick stop. When the player wants to end the dribble, it should be done quickly to avoid any v

Avoid wasting a dribble. This is done by dribbling once or twice and then ending the dribble.

Always have a purpose and know the intention. The player should know what action to take next

Keep it alive. Dribbling should be done in a full of life manner before the player decides to

Practice makes perfect. The player should do dribbling drills on his own so the dribbling skill

Proper stance. The player stands erect. When dribbling with the right hand, the left foot shou

Dribbling is one of the ways the player can use to control the game while the ball is in posse

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