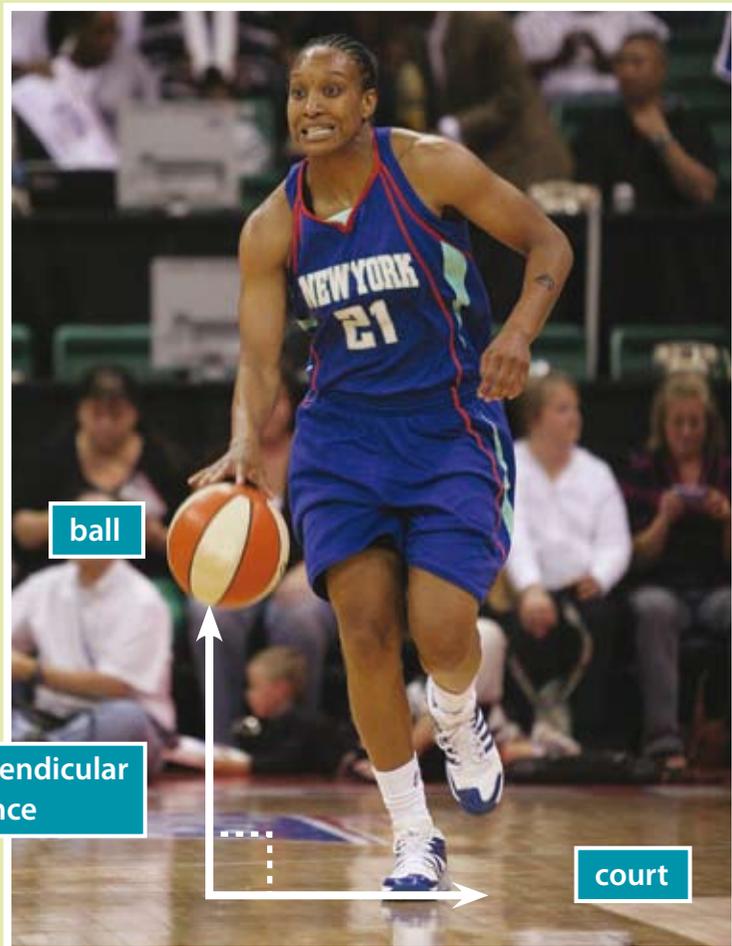


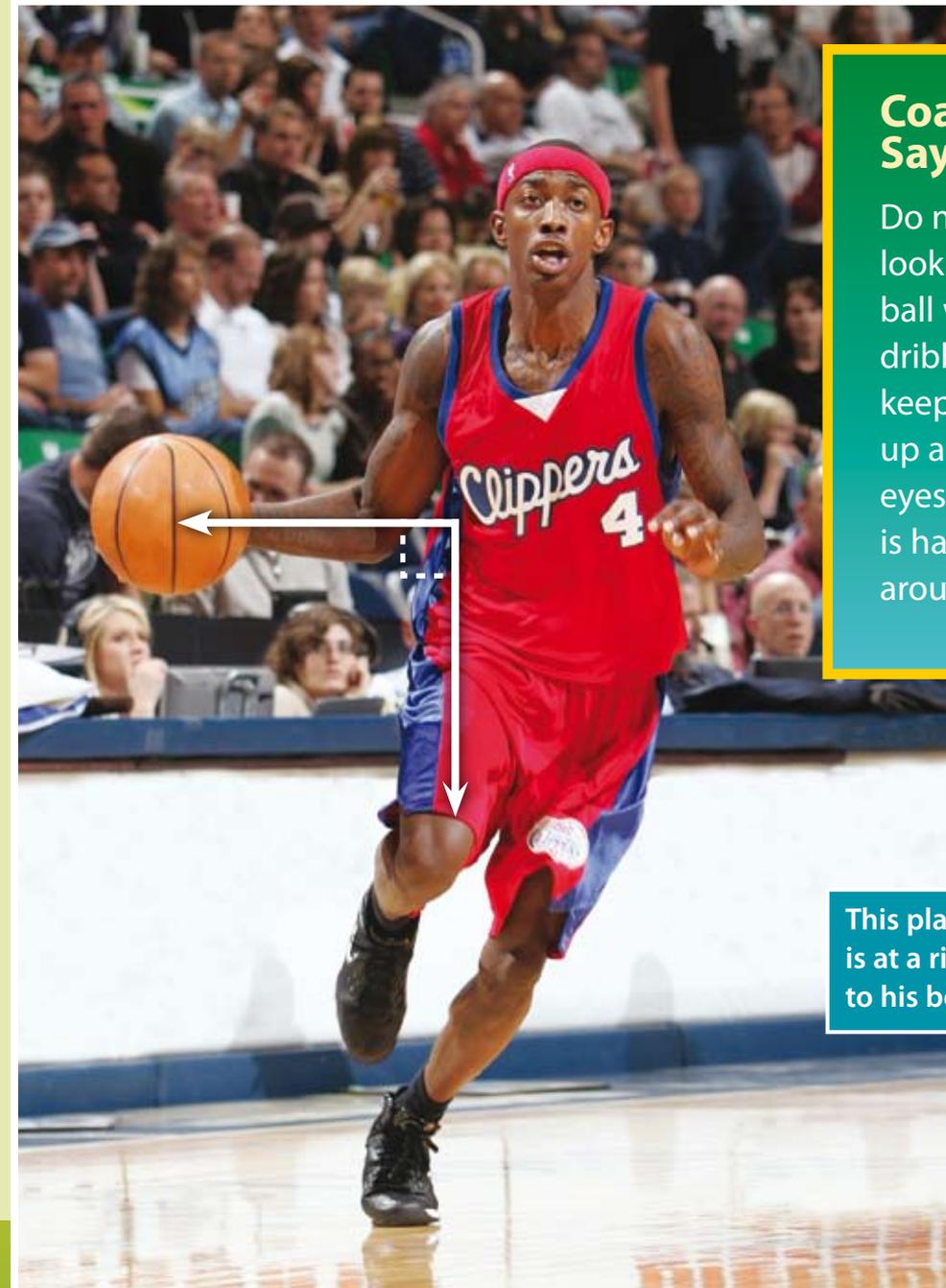
# Dribbling

Passing the ball is the quickest way to move it up the court. But you may need to dribble the ball until you can make a good pass to someone on your team.

Sometimes, **opposing** players will guard you closely. So keep your hand on top of the ball as you dribble. This makes the angle of your dribble low and perpendicular to the ground. It will be harder for the **opposition** to steal the ball.



If you are not tightly guarded, you can go for speed when dribbling. Place your hand *behind* the ball at an acute angle. Your hand should be about 90° away from your body. Then, push the ball hard and fast in front of you, below your hip level.



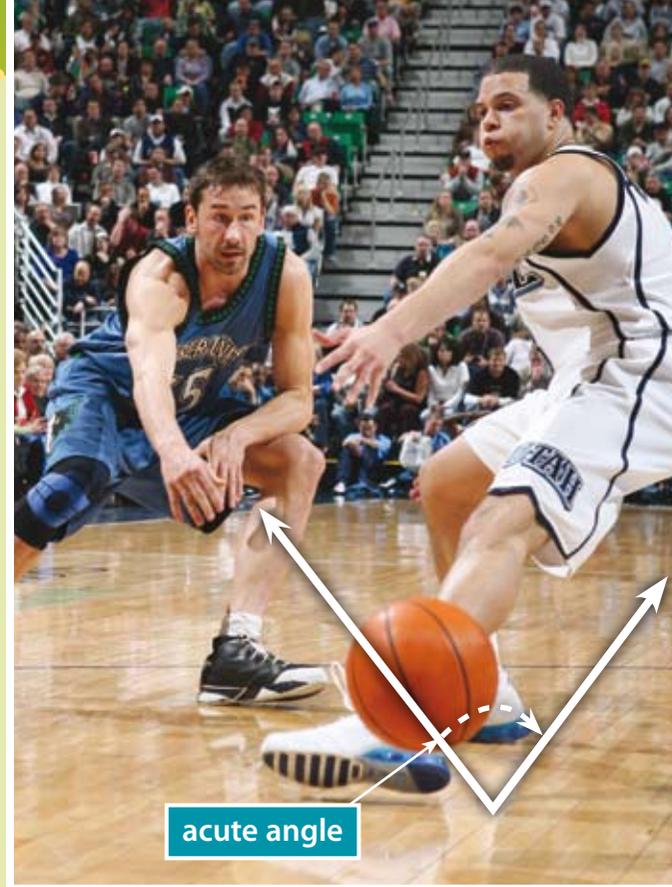
## Coach Olsen Says:

Do not always look at the ball while you dribble. Try to keep your head up and your eyes on what is happening around you.

# Make the Pass

Good passing will help you win basketball games. If there is no **defender** between you and a teammate, then make a 2-handed chest pass. Hold the ball in 2 hands at about chest height, close to your body. Spread your fingers and keep your thumbs and wrists at an upward angle.

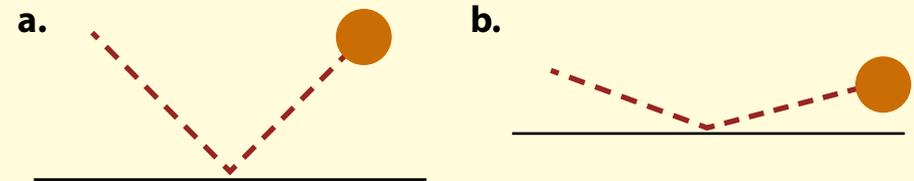
Then, step in the direction of your pass for extra power and speed. Release the ball with a snap of your wrist. This will help the ball travel in a straight angle to your teammate.



If there is a defender, make a 2-handed bounce pass. Hold the ball as you would for a chest pass. Step forward as you throw. Put spin on the ball by positioning your thumbs down as you release it. The ball should hit the floor at least three-quarters of the way between you and your teammate. It will bounce at an angle. It will arrive around your teammate's thigh and waist area for an easy catch.

## LET'S EXPLORE MATH

These diagrams show the angles of some bounce passes. The dotted lines show the path of the ball. Identify the angles, and then estimate their size.



c. What strategies did you use to estimate?