

# BASKETBALL DRIBBLING TIPS



**Always keep your head up while dribbling**



**Control the ball using your fingertips**



**Bounce the ball about waist height**



**Learn to dribble with both your right hand and your left hand**



**Once you pick up the ball after dribbling, you cannot dribble again**



**Do not take steps holding the basketball**



**Be mentally tough, believe in your skills**



**Keep the ball close to your body while dribbling**



**Learn how to change directions while dribbling**



**Do not slap at the ball while dribbling**

