



Technique Secret: **arm weight**

Do *Heavy Wet Ropes* (p. 5) as your daily warm-up.

MON. ___ TUES. ___ WED. ___ THUR. ___ FRI. ___ SAT. ___ SUN. ___

1. Brace **L.H. finger 3** with the thumb to form a “miniature basketball.”
2. Play the first line “bouncing your ball” with only finger 3.
3. Now repeat, using **L.H. fingers 5-4-3-2-1**.
Watch your hand to check for firm fingertips!



Basketball Dribble (for L.H. alone)

Left hand drib - ble, left hand drib - ble, bounc-ing, bounc-ing down the court to C. (2 - 3 - 4)

L.H. *f*

Left hand drib - ble, left hand drib - ble, bounc-ing, bounc-ing down the court to C. (2 - 3 - 4)

L.H.

Lift gently from your wrist.



Super Dribble: Can you do STEP 3 above with your eyes closed?



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MON. ___ TUES. ___ WED. ___ THUR. ___ FRI. ___ SAT. ___ SUN. ___



Basketball Dribble (for R.H. alone)

1. Brace **R.H. finger 3** with the thumb to form a “miniature basketball.”
2. Play the first line “bouncing your ball” with only finger 3.
3. Now repeat, using **R.H. fingers 1-2-3-4-5**.
Did you have firm fingertips?

R.H.

f 3 3 3 3 | 3 3 3 3 | 3 3 3 3 | 3 3 | 3

Right hand drib- ble, right hand drib- ble, bounc-ing, bounc-ing down the court to C. (2-3-4)

R.H.

1 2 | 3 4 | 5 4 | 3 2 | 1

Right hand drib- ble, right hand drib- ble, bounc-ing, bounc-ing down the court to C. (2-3-4)

Lift gently from your wrist.



Super Two-Hand Dribble: Can you do STEP 3 above hands together?