



## Dribbling Skills: Bounce Stop Learning Progression

**OBJECTIVE:** To stop quickly and protect the ball when dribbling at a high speed.

**Setup:** One ball per player; players line up on an endline or a sideline.

### Instructions:

Learning Progression 1: While stationary, bounce the ball out to the side/front of chair and catch the ball.

Learning Progression 2: While stationary, bounce the ball, tap the hand rims, and catch the ball.

Learning Progression 3: While stationary, bounce the ball, grab wheels, hold as long as possible, then catch the ball.

Learning Progression 4: While stationary, bounce, grab, lean back as if stopping, hold, and catch ball.

Learning Progression 5: Repeat LP3 after two pushes - bounce ball, grab wheels, lean back to stop, and catch the ball.

Learning Progression 6: Increase speed each repetition.

Learning Progression 7: Repeat LP1-5 with non-dominant hand.

Learning Progression 8: Perform variations.

### Activity Rules / Games Approach:

- Proceed at own pace, if possible, otherwise try to stay with the group but work on a previous step later.

### Coaches Key Points:

- Players should bounce the ball hard to the floor out to the side and in front of the chair.
- Players should grab the wheels using the stopping technique.
- Holding the chair for balance, players can put the catching hand under the ball.

### Variations/Loading:

- Set a goal for consecutive bounce stops.
- Whistle bounce stop challenge.
- Change of direction bounce stop challenge.
- Add defenders at bronze, silver, gold levels.

### Mental:

- Use cue words such as bounce, grab, and catch.
- Players should take a deep breath between every repetition.
- Players should visualize self after watching a correct demonstration.