



Dribbling with Long Implement

Dribbling with long implement involves controlling an object with an implement (usually a stick) and travelling with it. It is a common skill in games like hockey and floorball.

This is a good hand-eye coordination movement skill that requires your child to track and control a moving object on the ground while maintaining stability of his moving body. Dribbling with an implement can be a fun and engaging activity for a toddler. It hones his walking and running skills, while building his awareness of effort, space and relationship.

Developmental Phases

Dribbling with Long Implement



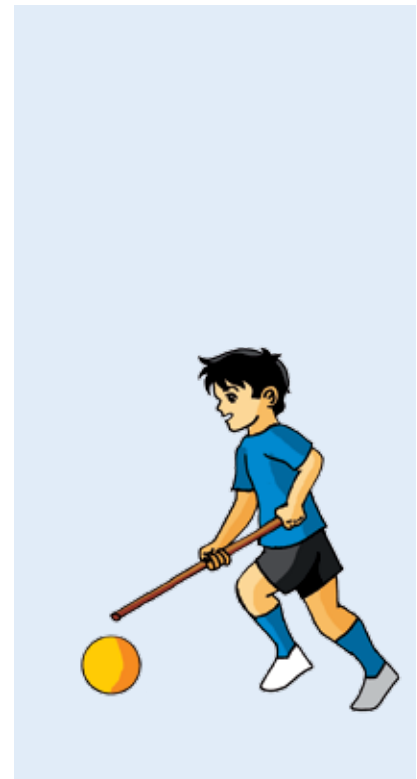
Initial

- Tends to hold the implement with one hand.
- Implement is held in front of body, hitting (instead of pushing) the ball at a distance in front.
- Tends to chase object with no directional control of ball.
- Eyes focus on the object or implement.



Transition

- Holds the implement with both hands at the top of the implement.
- Attempts to push object forward, occasionally making contact with ball on either side with implement.
- Tends to chase object with some directional control of ball.
- Eyes are focused on the object or implement.



Mature

- Holds the implement with non-dominant hand while dominant hand is about a quarter-way down on the implement.
- Knees are bent slightly with forward body lean during the dribble.
- Implement contacts ball on either side, pushing ball gently forward. Ball is well-controlled and kept close to the implement throughout the dribble.
- Able to look up occasionally.

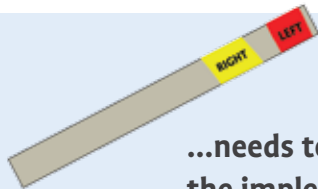
Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

Dribbling with Long Implement

What to do if your child...



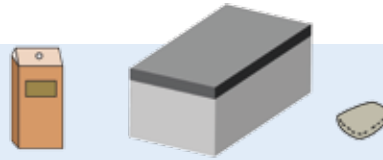
...needs to learn to hold the implement properly?

- Tape two markers in different colours on the implement (for right-handers: write “LEFT” on the top mark and “RIGHT” on the bottom mark). The reverse for left-handers.



... has poor control of object during dribble?

- Attach object to the implement with a string that is about half-metre-long. This helps to ensure that the object stays close to your child.



... has difficulty controlling a ball?

- Get your child to practise dribbling objects that do not roll (e.g. shoebox, beverage carton, bean bag).



... tends to hit object away instead of dribbling object?

- Line three to four cones at short distances apart. Get your child to walk and dribble, weaving in and out of the cones slowly.

Variations

“Can your child use a long implement to dribble...?”

How the body moves	Force/Effort	Time	Flow
	<ul style="list-style-type: none"> • an empty tissue box • a deflated ball • a heavy object 	<ul style="list-style-type: none"> • slowly/quickly • slowly before a cone and quickly after it • in slow motion 	<ul style="list-style-type: none"> • while balancing a small towel on his head • and change direction at every cone/marker • to other end of room without stopping
	<hr/>		
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	<ul style="list-style-type: none"> • in a square space marked by four cones • between two lines • to a line nearby/far away 	<ul style="list-style-type: none"> • forward/backward? • left/right/diagonally • in a straight/zigzag/curved line 	<ul style="list-style-type: none"> • with a stiff and straightened body • with knees bent • with trunk slightly bent
With whom/What the body moves	Self (body parts)/People		Objects
	<ul style="list-style-type: none"> • around you • following you • with hands close to his body 		<ul style="list-style-type: none"> • using a taped newspaper roll • around the outside of a hoop • between two cones

COMBINATIONS

- A taped-up shoebox slowly with you following behind
- A plastic bottle half-filled with water along a zigzag line while balancing a small towel on his head

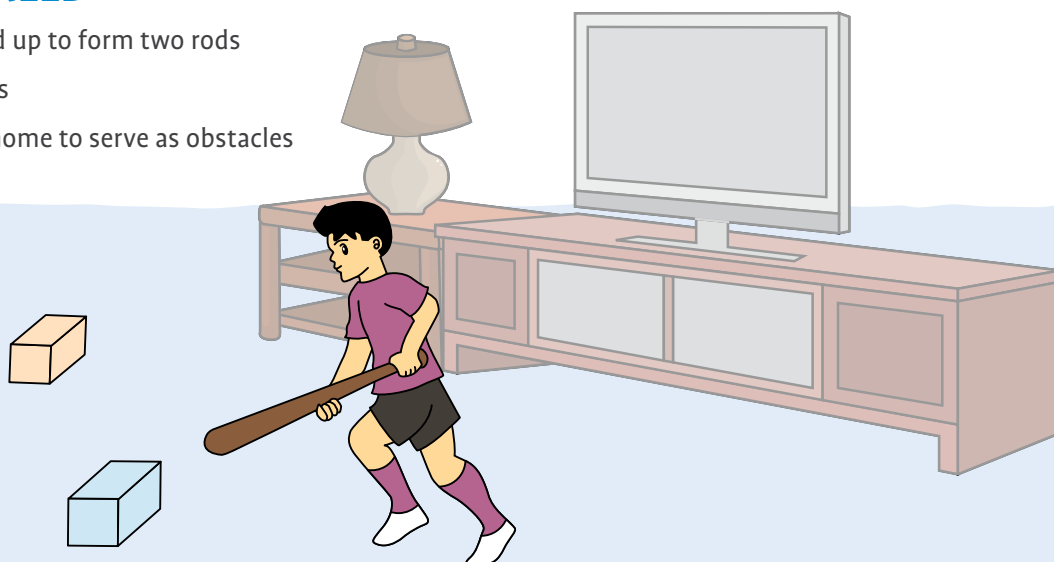
Activity 1

Dribbling with Long Implement

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Newspapers, rolled up to form two rods
- Empty tissue boxes
- Objects found at home to serve as obstacles



HOW TO PLAY

- Have your child dribble an empty tissue box around the house with a newspaper rod.
- Repeat the activity, this time placing obstacles around the house for your child to dribble past.

- Challenge your child further. You and your child must hold a rod each and compete who can dribble the empty box towards a specific area first (e.g. bedroom).

BE AWARE

- Ask your child to hold the newspaper rod with both hands, with his non-dominant hand at the top end and his dominant hand away from the top.

Activity 2

Dribbling with Long Implement

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Newspapers, rolled up to form a rod
- An empty carton
- Rolled-up socks



HOW TO PLAY

- Lay out as many rolled-up socks as possible. Place an empty carton on its side on the floor to act as the goal.
- Have your child use a newspaper rod to dribble as many rolled-up socks into the carton as possible, within a specific time frame.