

BALL HANDLING CUE CHART

Critical elements & cues for running with and carrying the ball.

Arm Carry

1. Grip

- ✓ 1 hand on the front of the ball
- ✓ Thumb on top seam
- ✓ Pointer finger on tip
- ✓ Rest of fingers spread on bottom seam

2. Lock

- ✓ Flex wrist
- ✓ Push ball against forearm
- ✓ Cradle ball between biceps and rib cage

3. Run

As you run...

- ✓ Opposite arm pumps
- ✓ Keep ball locked to chest
- ✓ Let ball roll across your chest as you run

Hand Carry

1. Grip

- ✓ Cage grip

2. Hold

- ✓ Ball at waist level in front of body

3. Run

As you run...

- ✓ Ball moves from hip to hip