



Coaches' GAME PLAN



Skills

Behind the Back



01



Start by dribbling the ball.



02



As ball bounces up toward dribbling hand, she cups hand slightly, and starts moving shoulder and arm backwards.



03



With hand and forearm in control of ball, she rotates ball behind her back, close to her body.



04



She releases it behind her back, with fingers extending toward target.



05



This skill needs to be practiced a lot before used in a game.

Notes: