



## Summary

Moving with the ball, also known as dribbling is how a player moves with the ball when they are in possession using a hockey stick. Dribbling is the act of maneuvering the ball around defenders by using short, skillful taps with the stick. There are several different styles of dribbling, but the main idea is to keep control of the ball until the player make a move toward the goal. Dribbling is one of the basic skills that need to master because if the player do not know how to dribble the ball, the player won't be able to go anywhere on the field. One of the most important things to remember when dribbling is to always be looking up and scanning the field for passing or shooting opportunities, otherwise the player will end up dribbling in circles.