Dribbler’s Delight
Investigation #6

Description
Do you want to improve your ball-handling skills? Do this investigation and observe closely what happens!

Materials
• 2 basketballs

Procedure
1. Hold the basketball at waist height and then drop it.
2. How many times did the ball bounce?
3. What does the player have to do to keep the ball in motion?
4. How much energy is required?
5. Try dribbling the ball with either hand. Can you dribble two balls at once?
6. Can you dribble while looking up?
7. Can you dribble between your legs or around your back?

My Results
Explanation
Basketball players must continually dribble when they are moving around the court, but that requires energy. Gravity will naturally pull the ball down. Each time the ball bounces, energy is transferred to the floor as friction, so if left untouched, the ball bounces less and less until it stops. Players must continually replace that transferred energy by pushing the ball down. When properly inflated, the ball will bounce better and keep more of the energy in the ball, which makes dribbling easier.

Think about this: Basketballs are usually made with a leather or rubber exterior. The inside has a rubber bladder for the air and is surrounded by nylon threads. A properly inflated ball is easy to bounce, which is necessary for dribbling the ball. If you want to improve your dribbling, practice with both hands, using your fingertips for better control, and keeping your eyes up. Then begin working on crossovers, dribbling between your legs, behind your back, and spinning and changing direction. Whoa! Great dribbling!

Parents and Educators: use #CuriousCrew #CuriosityGuide to share what your Curious Crew learned!