

Throwing

- 1. Grip**
- 2. Arm Circle**
- 3. Lower body mechanics**

- 1. Grip the ball.** Thumb underneath the ball, pinky off the ball, ball in the base of your fingers
- 2. Arm Circle.** No bow arrow motion, circle position, from glove to chest.

Two Sides of the body

Left side is your directional side, is like a scoop, glove or elbow to your target.

Right Side is the power side.

- 3. Lower body mechanics.** Get our body in position to make an accurate throw
 - I. Step to you target at 45 degree angle.
 - II. Allow your hips and shoulders turn as you step to your target. Feet, Hips and Shoulders in line with Target.
 - III. Knee inside of you feet.
 - IV. Slight bend of your waist so you can transfer your wait forwards.
 - V. Follow thru. Shoelaces pointing to the ground and arm following to the other side of your body.

Receiving or Catching

1. Foundation:

- I. Feet outside of your Hips and Flexing your ankles and knees.
- II. Use our footwork to get to the ball, allow you to move your right or left side.
- III. Step with your right foot to the right side and step with your left foot to you left.
- IV. Always keep feet underneath your foundation is very important to receiving throws.

2. Elbows Down, Thumbs up and Secure the ball.

3. Transition

Position, two hands together and feet 45 degree angle. (like the throwing position)