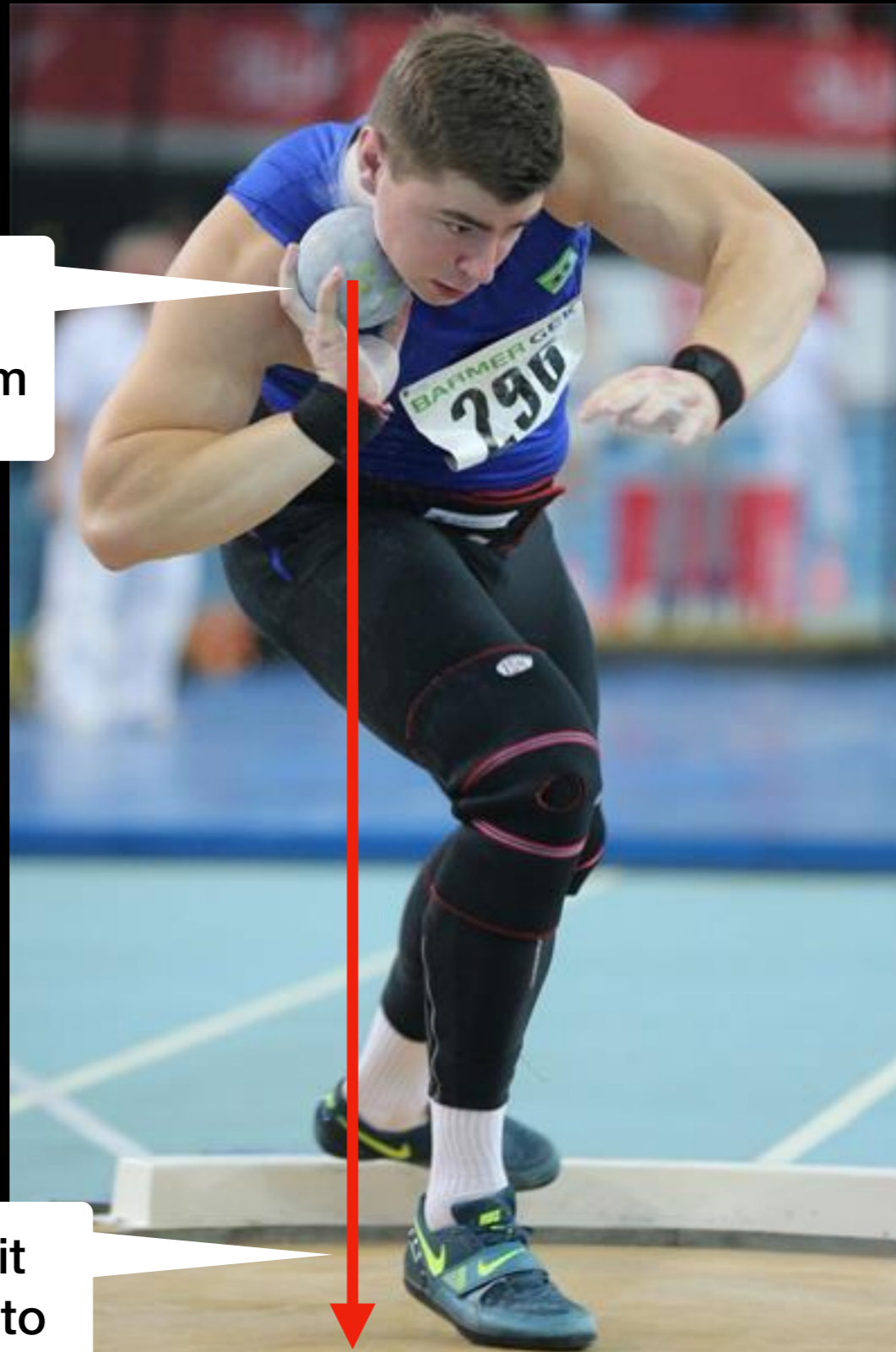




Keep looking back
and keep left arm
long and back

Drive back through
“brick wall”

Keep shot in the fingers, not the palm

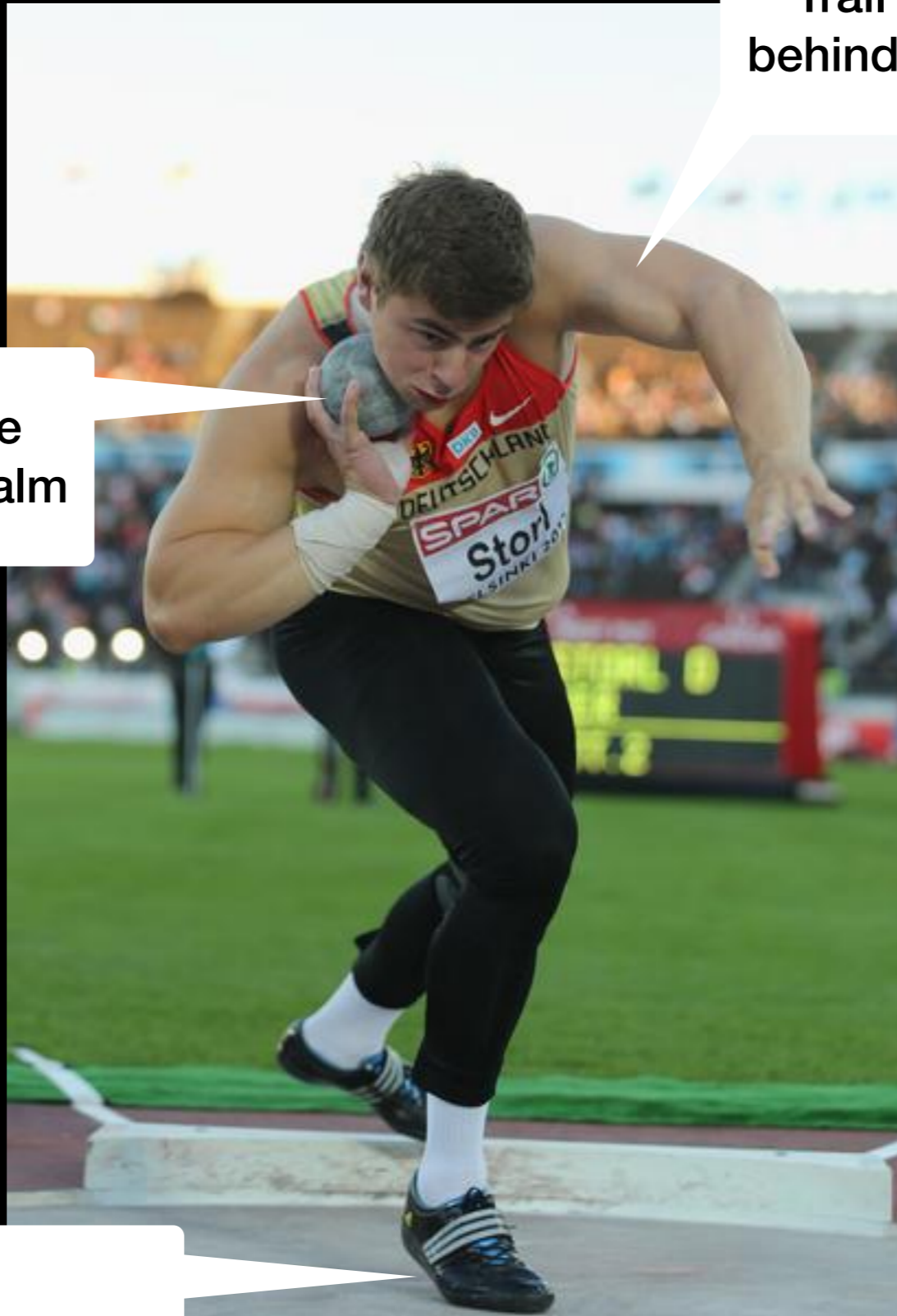


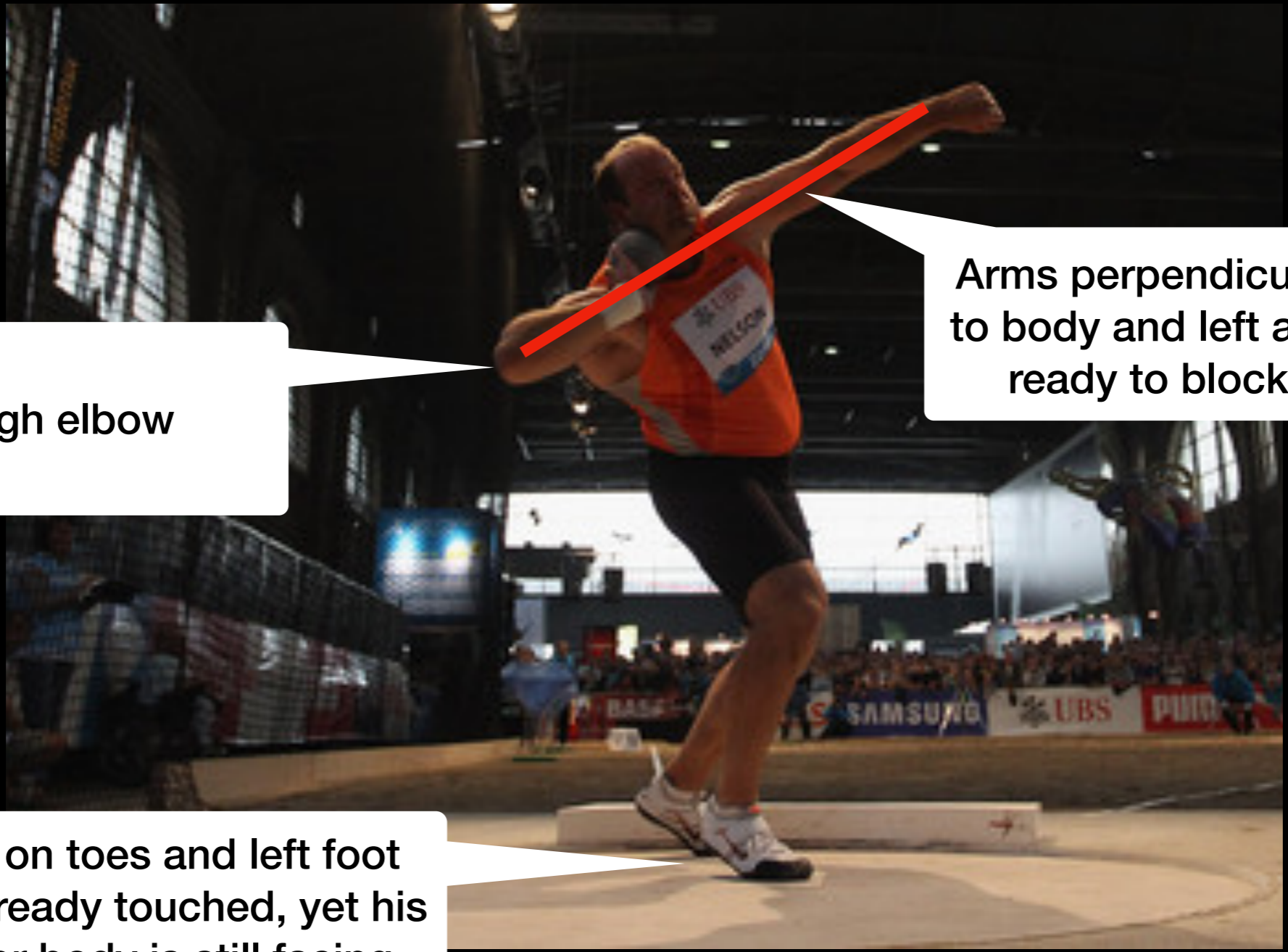
If he dropped the shot, it would hit in front of and to the left of the right foot

Trail the left arm
behind you and high

Keep shot in the
fingers, not the palm

Stay on your toes





High elbow

Arms perpendicular to body and left arm ready to block

Only on toes and left foot has already touched, yet his upper body is still facing back away from sector

Keep shot in the fingers, not the palm

Arms perpendicular to body and left arm ready to block

Only on toes and left foot has already touched, yet her upper body is still facing back away from sector





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Keep looking back and keep left arm long and back, ready to strike

If he dropped the shot, it would hit in front of and to the left of the right foot



Keep looking back and keep left arm long and back, ready to strike

Foot lands left-of-center

If he dropped the shot, it would hit in front of and to the left of the right foot



Head up, chest up

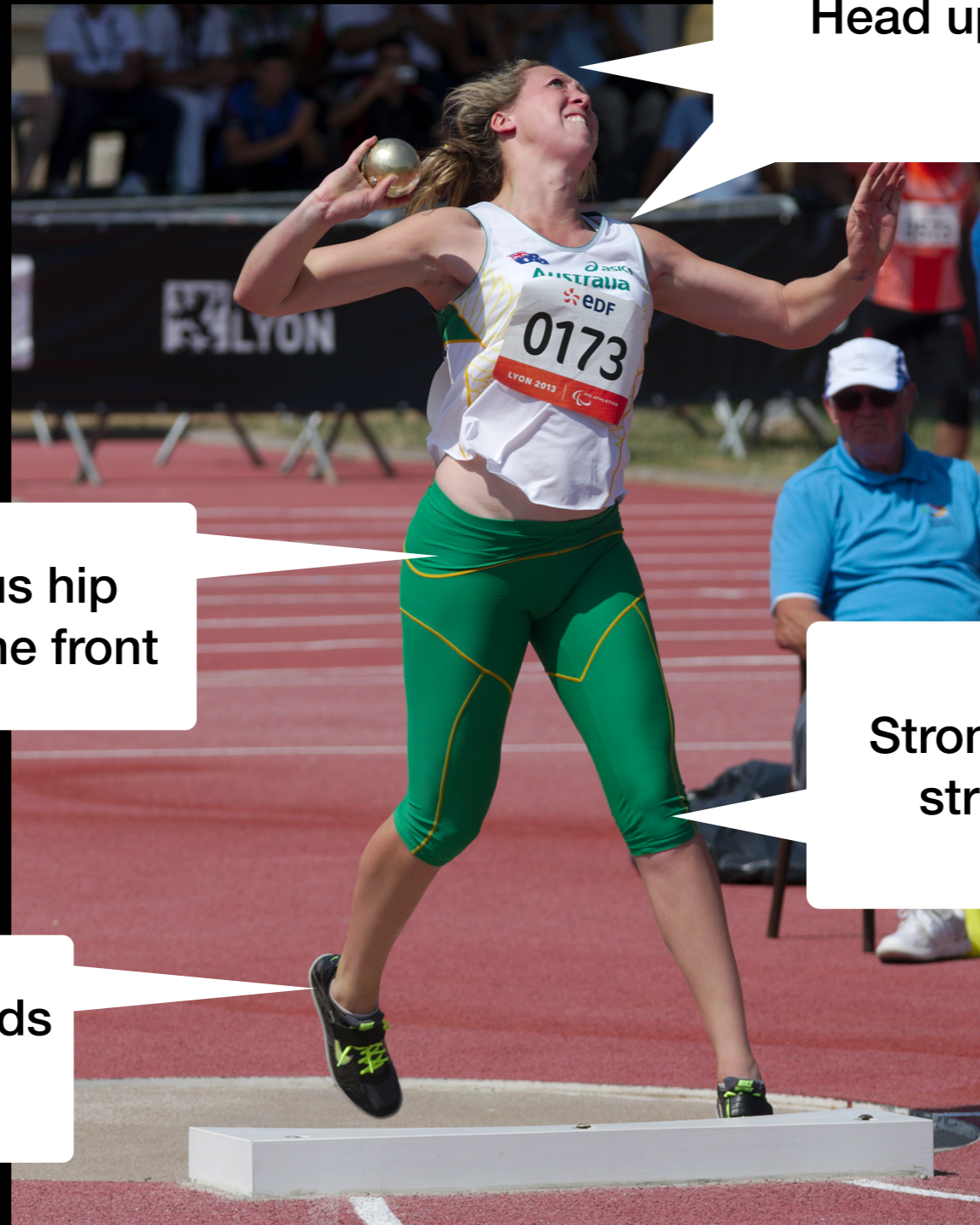
Left arm blocks down
into left hip pocket

Keep shot in the fingers, not the palm



Head up, chest up

Elbow up
perpendicular
to body

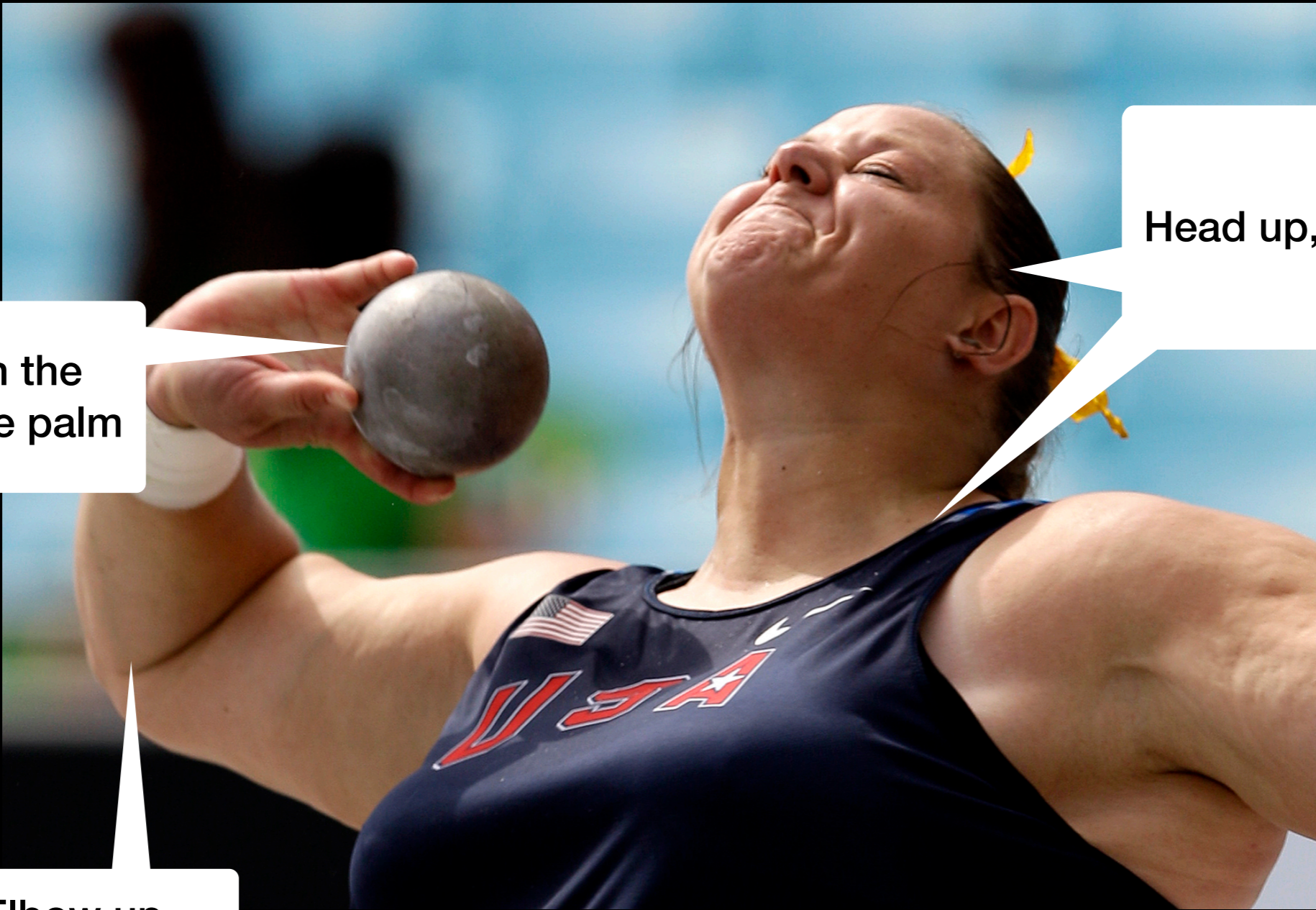


Head up, chest up

Tremendous hip pushing to the front

Strong left leg locked straight for block

Kick heel outwards to help hip



Keep shot in the fingers, not the palm

Head up, chest up

Elbow up perpendicular to body

Hand slaps to the side, thumb down

Long extension of the arm

Left arm blocks down into left hip pocket





See the Herculean effort! Put everything into the throw

Strong left arm block

**Elbow up
perpendicular
to body**