

# SKILL 1

# STRIKING FROM THE HAND



## LEVEL 1

- HIGH HURLEY OVER SHOULDER
- ELBOWS HIGH
- SWING DOWN STOMACH HEIGHT
- WIDE STANCE
- FEET SHOULDER WIDTH APART

## LEVEL 2

- FOLLOW LEVEL ONE POINTS
- PRACTICE THROW UP
- EYE ON THE BALL
- STEP IN - WITH FRONT KNEE

## LEVEL 3

- ON THE RUN
- SHORT HURLEY
- ELBOWS IN TIGHT
- CLOSER THROW UP

## TRAINING FOR THE WEEK

FIND THE LEVEL YOU ARE AT AND PRACTICE 40 TIMES PER DAY OR EVERY SECOND DAY

KEEP UP THE WORK