

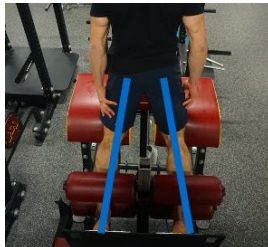
Glute-Ham Coaching Points

1. Stance Video

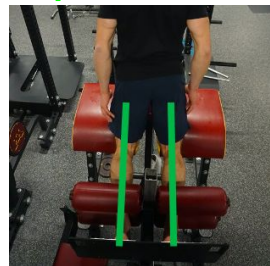
Strength – Wide



Power – In-line



Speed – Narrow



2. 3-Way Foot Video



3. Start Position = Toes Up Video

4. Foot Roll Video



5. Squeeze Big Toe Video