

PUTTING THE SHOT “POWER POSITION”

- SEPARATION BETWEEN THE HIPS & SHOULDER
 - Knee ahead of the shot. (**get the “X”**)
- PUSH THE SHOT DON'T PULL IT
 - Correct use of the thrower's dominant side to push the implement
 - Be a pusher, not a puller
- DRIVE UP AND OVER WITH THE SHOT
 - keep the shot in as linear as path as possible.
- LONG PULL
 - Movements are from slow to fast.