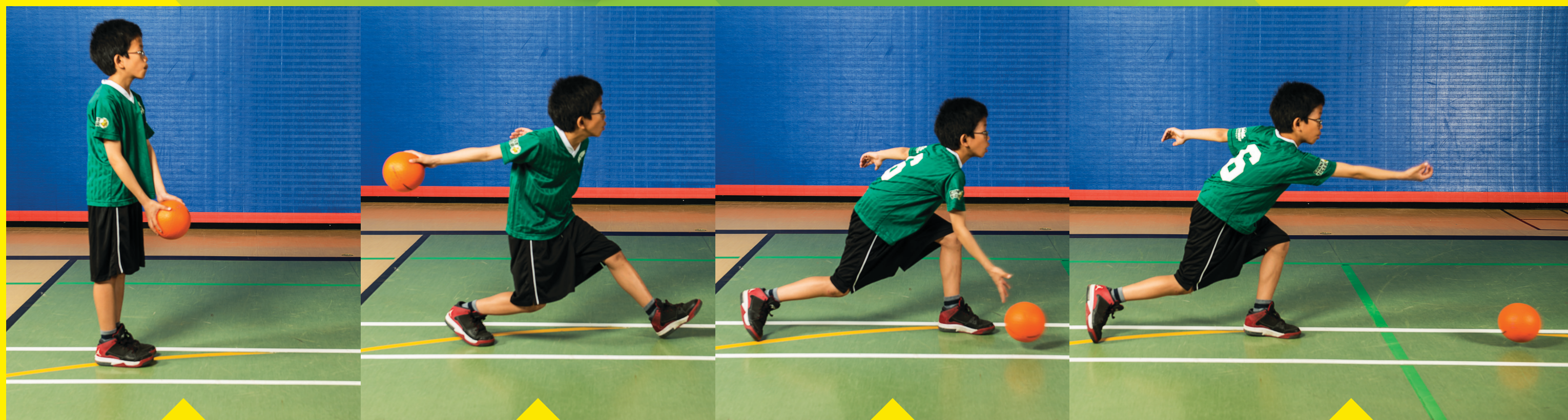




Scan QR Code to view video demonstration

# Rolling



## READY POSITION

- Eyes on target, standing square to target

## ACTION

- Rolling arm extends straight back
- Opposite leg steps forward, legs bend as arm follows forward

## ACTION

- The ball is released along the floor in front of lead foot

## FOLLOW THROUGH

- Arm extends toward target