



Scan QR Code to view video demonstration

Ball Bouncing



READY POSITION

- Staggered stance, back straight, legs bent, eyes forward

ACTION

- Initiates ball contact with finger pads

ACTION

- Bends and straightens wrist and elbow to push the ball

ACTION

- Ball bounces in front and to the side of body at waist level
- Performs a rhythmical series of controlled bounces