

Teaching points



Fist in fist[®]



Hand & Arm Position

Teaching points

Palm in palm



Hand & Arm Position

Teaching points

Palm in palm



Hand & Arm Position

Teaching points

Interlock



Hand & Arm Position

Teaching points



Roll the shoulders forward



Body Position: Split Step

Common Errors



Standing up to pass

Passing from the knees



Toss and Pass

Passing from a standing position



Toss and Pass

Lateral: Side to Side

Movement



Dip the Shoulder



Diagonal Passing