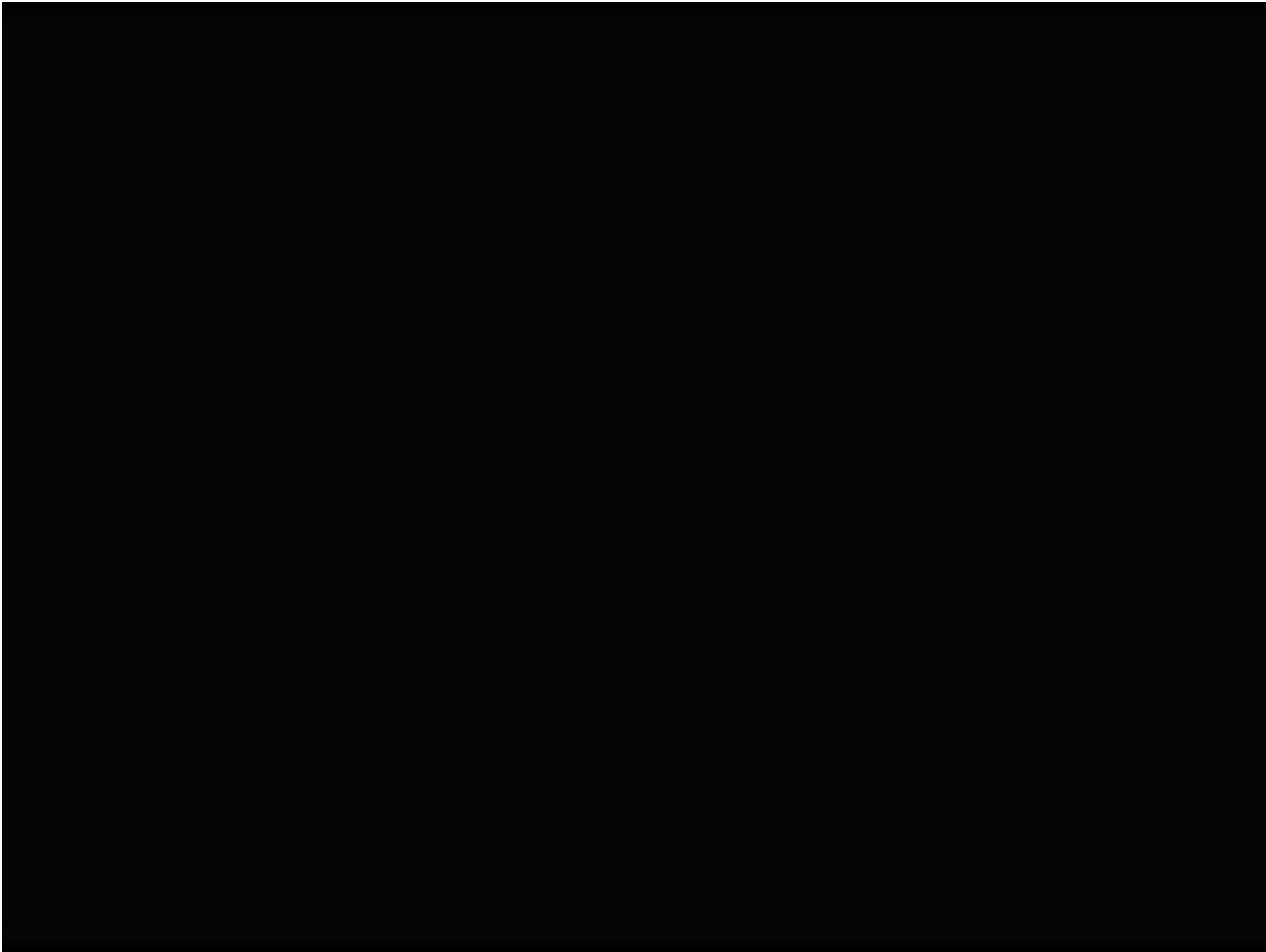




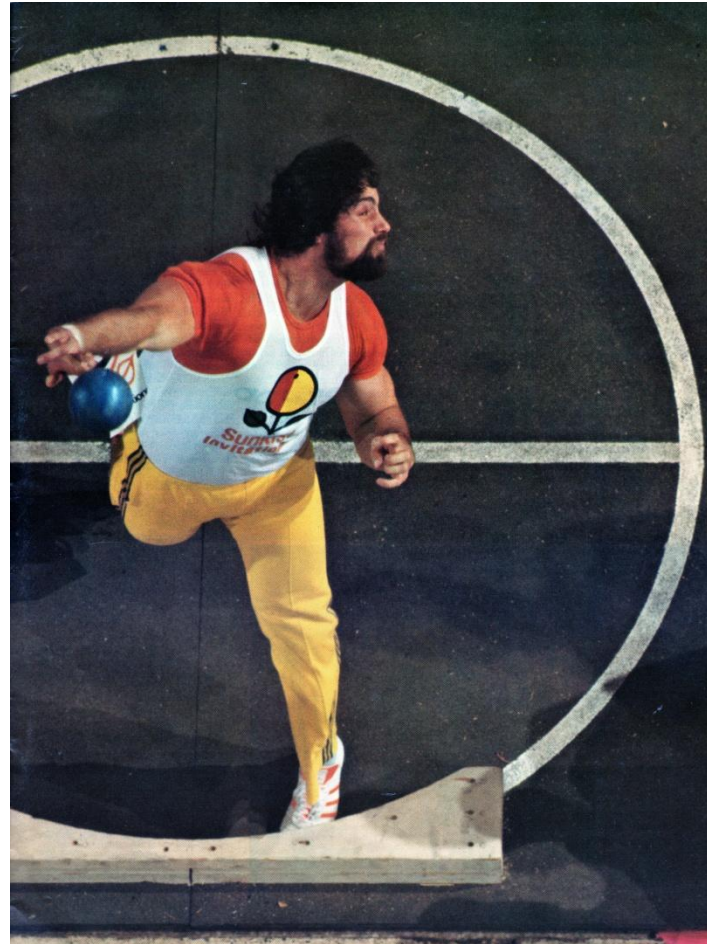
Talk to me...

Just Sayin.....





Round & Heavy...



Javelin or Discus?



Stand Throw

- Move the ball with the hips
- Move the ball with the hips
- Move the ball with the hips
- Move the ball with the hips
- **Move the ball with the hips**



Stand Throw

- Start with the End in Mind
- Finish position shows the technique
- Left foot on ground at release
- Finish with right foot in the circle
- Throw it High – Throw it down the middle



Right Leg Engine

- Right leg is 90% of the focus during the throw.
- Feel the right leg push the hips, upper body, and ball.
- Feel the connection from the ball of the foot to the ball in your hand.
- Feel the right leg push the hips out dragging the upper body and the ball into the block.