



1

A Case For Daily Training!



2



Facilities



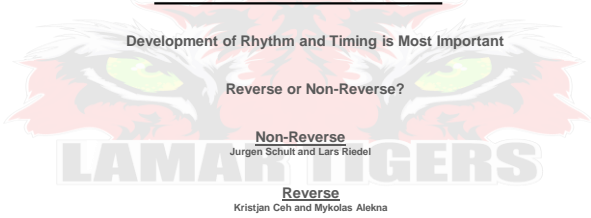
3

Equipment



4

Technical Model



5

Drills



6

Stand Throw



Great Stance

Focus on Isolating the Right Foot

Stay Connected

Stay Grounded Through Finish

7

Half-Turn



Great Stance

Right Foot Starts and the Right Foot Finishes

Stay Connected With The Upper Body

Stay Grounded Through Finish

8

Continuous Half Turn (3-Wheel)



Great Stance

Right Foot Does All The Work

Keep Block Foot Low, Squeeze The Knees!

Stay Grounded Through Finish

9

South African Step Through



All Weight Is On Entry Leg

Keep Weight on Entry Leg Until Sweep Leg is Ahead

Eyes and Shoulders Level

Stay Grounded Through Finish

10

South Africans On Line



Balance and Rhythm

Land on Top of Each Step. No Leaning!

Keep Feet Turning

Stay Grounded Through Finish

11

Continuous South Africans On Line



Advanced!

Rhythm, Balance, and Turning Feet

Level Shoulders, with Upper Body Trailing

Don't Go Too Fast!

12

360 Degree



All Weight Over
Turning Leg

Open The Upper Body
With Turning Foot

Right Leg Sweep
Finishes The Turn

Try To Perform As
Slow As Possible!

13

Full Throw Step Through



Rhythm and Timing!

Focus On Turning
Feet

Feel is Key!

Stay Patient and
Grounded Through
Finish!

14



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Questions?

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