

Glide Technique

Drills (with and without shot)

*Letter "A"	10 reps
*Letter "A" to Power	10 reps
*Glide to power	10 reps
*Double leg/left arm block	25 reps
*Phantom Throws	5 reps
Down-the-Line x 10M	

Specific problem area drills

(be creative - some of the best drills will come from creativity)

Do all * drills daily

Rotational Technique (shot and disc)

Drills:

*Phantom Turns-180° & 360°	20 reps
*180 - step to middle - pivot to power	15 reps
*Double leg/left arm block	25 reps
*Phantom Half Throw	10 reps
*Phantom Throws	5 reps
South African(3/4 throw)	5 reps
Down-the-line	20M

Specific problem area drills and stick drills

Do all * drills daily