

# **TOSS HEIGHT DRILL**

## **CHECKLIST**

**Make sure to take your time and check off each reference point as you go. This is really important for creating and embedding the proper brain maps.**

**Goal- 50 shadows a day (can break down into 10 or 20 reps at a time)**

- Rock your weight back and forward before ball release
- Left hand down leg (touch inner front thigh) and lift arm directly back up leg with toss arm straight
- Release ball at head or eye level
- Maintain your awareness on feeling the proper ball height and the proper toss location