

Invasion Sports

One Handed Overhead Pass - Feedback

- _____ Assume a fingertip grip.
- _____ Lift ball up and back with elbow flexed at ninety degrees.
- _____ Shift weight to back foot.
- _____ Move shoulders perpendicular to target.
- _____ Step toward target.
- _____ Rotate and square shoulders to target.
- _____ Lead with elbow, whip forearm and snap wrist.

