

THE MASCOT CHALLENGE COACHING TIPS



WEEK 3 BOUNCING

TIP

1

Make sure you watch the ball closely while you are bouncing the ball.

TIP

2

Try and keep the ball bouncing up to the height of your hip.

TIP

3

Try to use your fingers to control the ball.

TIP

4

Use your wrist and elbows to push the ball.

TIP

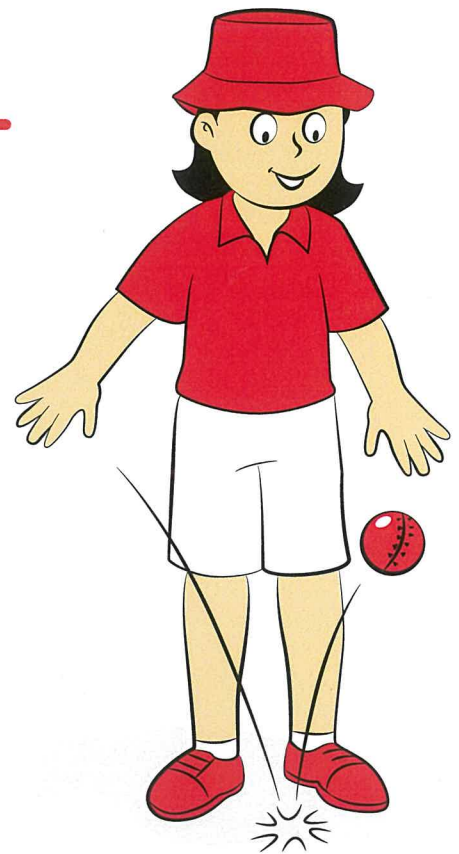
5

Bend your hips slightly to help you keep control of the ball and move around.

TIP

6

Keep the ball in front and to the side of your body, this will make it easier to control.



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