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## Falling Start

Place a hoop / ladder just in front of body in shoulder width stance, lean to 45 degrees and as you fall drive the knee up and down into the hoop and accelerate for 3-4 strides.



## Ball Release

In a split stance, weight on toes, front leg arm is back, as soon as your partner drops a tennis ball (about 5 -8 m in front of you, drive off front foot and accelerate to the ball.