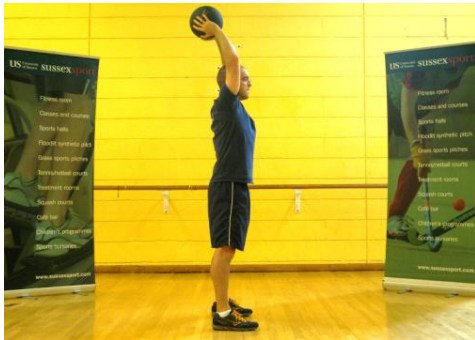

Upper Body Overhead Power

Level One: Standing Overhead Throw

Standing with feet shoulder width, place ball over the head, not behind the head and drive at the hips and aim 2 feet off the floor



Level Two: Standing Overhead Throw with Step

As above but now add a step

