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| ***Critical elements & cues for running with and carrying the ball.*** |
| **Arm Carry** | **Hand Carry** |
| 1. **Grip**
	* 1 hand on the front of the ball
	* Thumb on top seam
	* Pointer finger on tip
	* Rest of fingers spread on bottom seam
2. **Lock**
	* Flex wrist
	* Push ball against forearm
	* Cradle ball between biceps and rib cage
3. **Run**

As you run…* + Opposite arm pumps
	+ Keep ball locked to chest
	+ Let ball roll across your chest as you run
 | 1. **Grip**
	* Cage grip
2. **Hold**
	* Ball at waist level in front of body
3. **Run**

As you run…* + Ball moves from hip to hip
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