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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 |