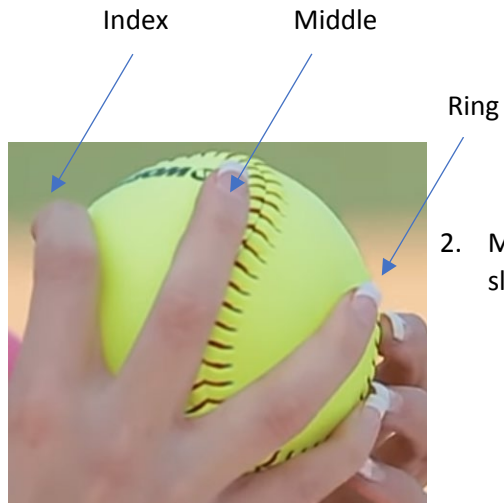


RISE BALL

1. Grab ball so that middle finger and ring finger are on the 2 seams closest to each other



2. Move your index finger wide across to the other seam slightly curling the finger and touching part of the seam.

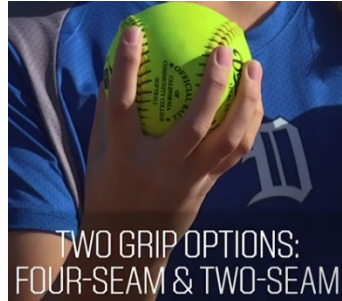
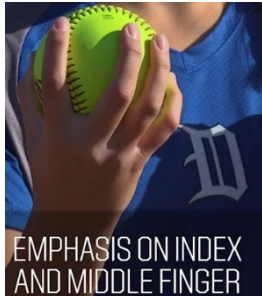


3. Hand must be turned away from body at release, with follow throw holding as much of the same line as possible.



DROP BALL – ROLL OVER

There are couple of different grips for the roll over drop, either the 2 or 4 seam grip. In both cases emphasis should be on the Index and Middle Fingers.

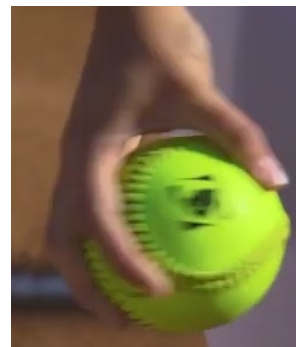


Two Seam Grip

1. Hold the ball with your Index Finger on 1 seam, and both Middle and Ring Fingers on second seam.
2. Thumb should be under the ball touching the further seam



3. As arm comes throw, hand faces forward, then rolls over as you release



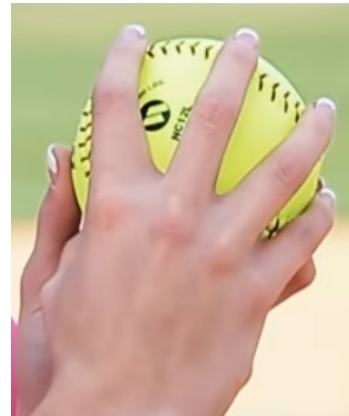
DROP BALL - PEEL

1. Start by gripping the ball on the side where the seams are wide apart.

2. Spread both Index, Middle and Ring fingers apart.



3. Then bring Index and Middle fingers together, leaving Ring finger further apart.



4. As your arm comes through, your hand needs to kick back



5. On release, your hand peels up with the ball flicking off the fingers.