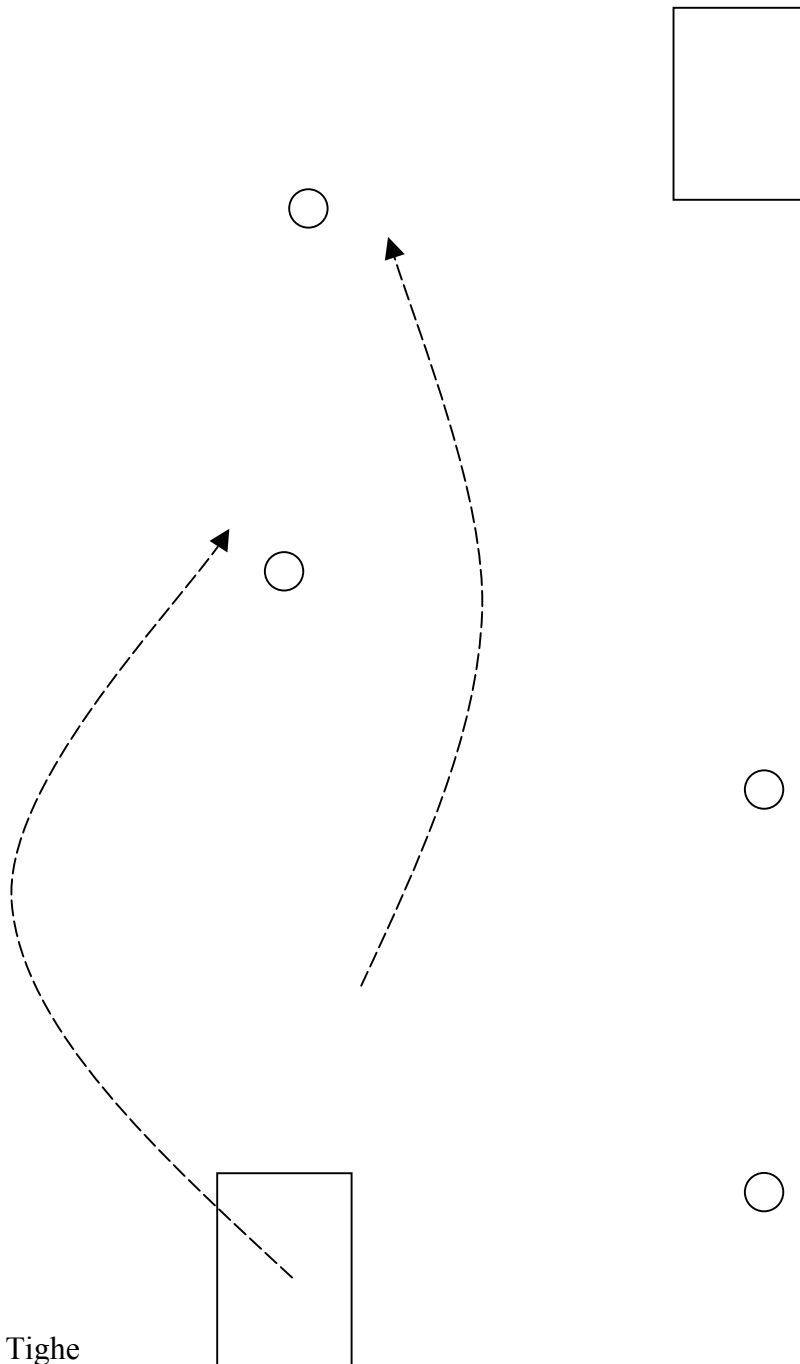


Training- Random practice, as an alternative to repetitive skill training

Set your self up on 2 rink areas as per the diagram and use this as a 20 minute warm up routine. Shows your level of discipline, a skill in itself.

What you have to do is play deliveries alternating hand and length every time, e.g. FH short, BH maximum, FH maximum, BH short or any variation as long as you do not do successive deliveries on the same hand.



Lachlan Tighe