

Challenged level.

Name the skill.

- Hold ball in both hands, chest high.
- Step forward, extend your arms and snap your wrists to throw the ball forward and down into the floor, to bounce it to your

- is often used as an outlet pass.
- Bring the ball directly above your forehead with both hands on the side of the ball and follow through.

- Fingers spread around the ball in W shape.
- extending your arms away from your chest and flicking your wrist so your thumbs point down, and your palms face out.