

ADVANCED BALL CONTROL

TRACKING SHEET

ONE HAND /W EXCHANGE

3X 2X 1X

360

WINDMILLS

REVERSE SET BACKHAND

ELBOW BOUNCES ---> MY RECORD

TIGHTROPE

SELF-MADE PEPPER

AROUND THE WORLD BACK AGAIN

STAIR CLIMBERS

5 --> 1 --> 5 SETTING

2 BALL MY RECORD (# CONTACTS)

FLOOR WORK

FOREARM CORE SETTING

