

Dry drills- 1-2-3-4-5 rhythm drill to power position

Another drill to help with rhythm is doing them dry without implements. This drill could be done down the track or any open field. Repetition is key in order to establish rhythm in your throws. Think hard about why you are doing this drill....rhythm....rhythm....rhythm. The drill starts with your throwing arm back in the South African position.

- 1.Begin by picking up your left leg then putting it down....this will be 1.
- 2.Drive off your left and shuffle your feet into the 2...3 position



3. Immediately turn into the power position for 4....5.

You should not only feel rhythmic but also feel balanced with a strong block at the end. Repeat down the track or field.

