

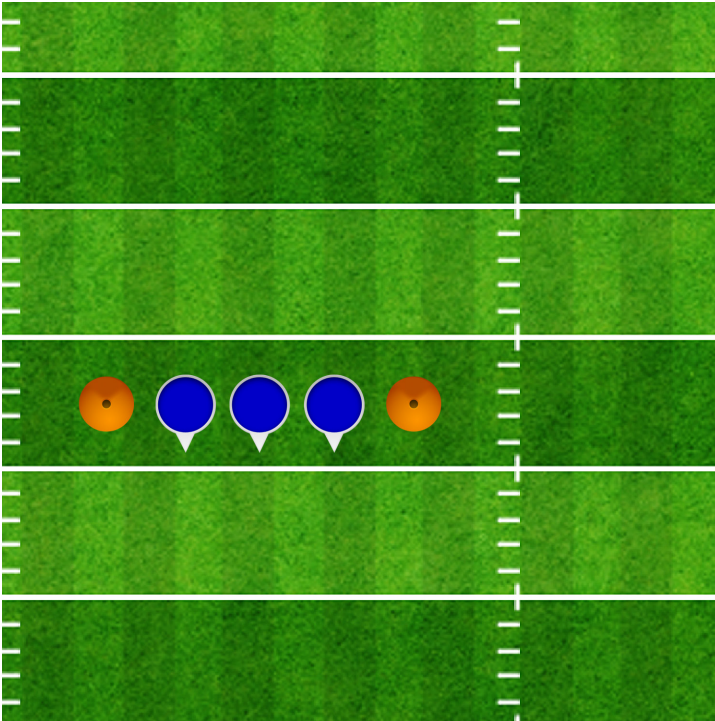


# HIT POSITION

## Key Points:

*Type: Fundamental*

- a) After closing to the ball-carrier, take a short downhill power step.
- b) Have a bend in both knees. With your head and shoulders and your back foot directly under your hips.
- c) Keep your original 45-degree forward lean.



## Notes

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