

Standing Float



Pre-contact phase

1. Start with the weight on the back foot, holding the ball with the non-dominant arm around hip height or higher.
2. Transfer the weight by taking a small step forward with front foot, eyes focus on the ball for the entire toss.
3. The back foot drags. The elbow of the contact arm is above the shoulder.
4. The ball is tossed low with the non-dominant hand, which points to the ball until just prior to contact. Hips and shoulders rotate to be square to the target, followed by the elbow and hand.

Contact phase

5. The player must remain “tall” with limited back bend.
6. The wrist should be “locked’ at contact, and the ball is hit with an open palm.
7. The hitting arm is straight and remains high upon the finish. The back foot drags forward. The ball is in line with the hitting shoulder.

Post-contact phase

8. The hand stays high with an open palm to target upon finish; the back foot comes close to the leading foot.
9. Toes, hips, shoulders and the palm face the target direction; the player then moves into a defensive position.