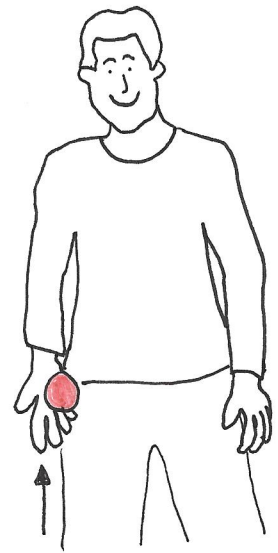
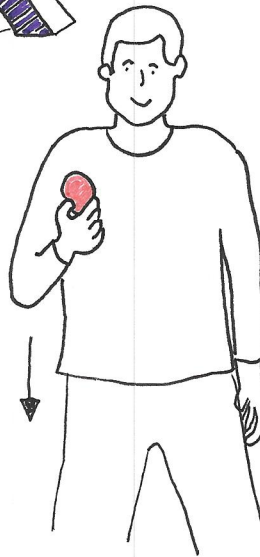


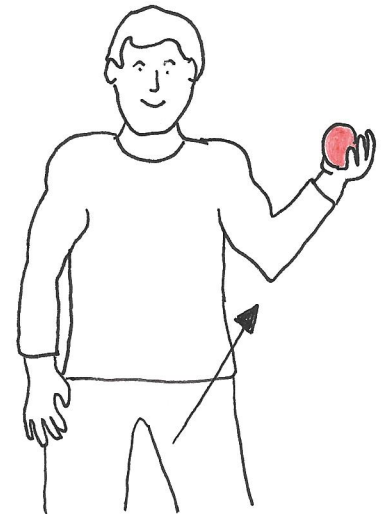
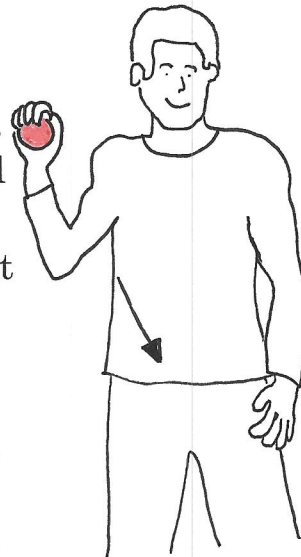
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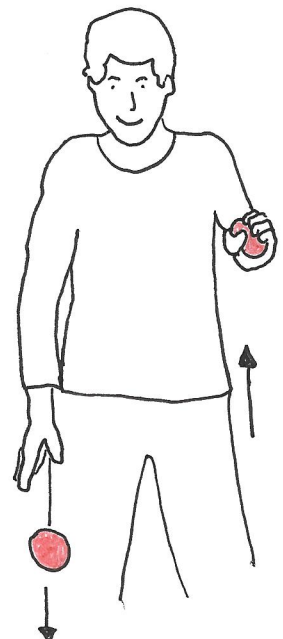
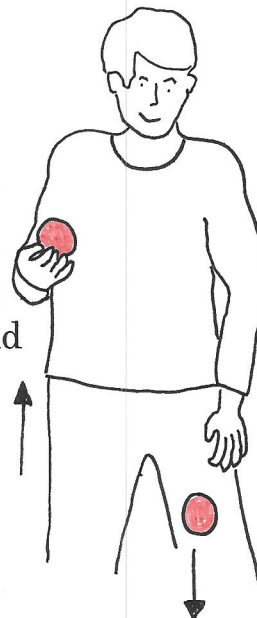
1. Keep feet planted on the ground and use 1 hand at a time to bounce* the ball to the floor and catch it in the same hand and giving it a squeeze each time it is caught. Keep your resting hand relaxed at your side.



2. With feet planted on the ground, Bounce* the ball down to ground In front of you angling it to the Your midline and then retrieve it With the other hand and repeat.



3. With 1 ball in each hand, turn Your palm downward and throw The ball to the ground allowing Ball to rebound up to waist level And retrieve it with the same hand. Now repeat this motion with the other hand and ball. Alternate back and forth.



*All ball bounces should be methodical and be caught at the waist level if possible.