

# SEPARATION BETWEEN THE HIPS & SHOULDERS

## **Can use shot or med-ball**

- Wall Drill 1
- Wall Drill 2
- Hip Pivots
- Hip bar press
- Kick the Can
- Hip med ball toss
- Hip Step Back toss
- 1-2 Drill
- Crossbar Powers
- Slow Motion Powers with/without bungee
- Stand Throw no-reverse
- Stand Throw step out
- Stand Throw reverse