



4

The fourth step, taken on the left foot, brings you up to the foul line in a graceful glide. Your main concern now is getting the ball out over the foul line with sufficient loft. As you deliver the ball, follow through with your hand and arm. This follow-through imparts the desired action to the ball as it is properly lofted out over the foul line in the proper direction.



The ball reaches the height of the back swing as the third step is taken on the right foot. The left hand is extended forward for balance. Do not raise ball above shoulder level on the back swing.

3

The second step is taken on the left foot as the ball begins to swing back. The left arm moves forward for balance. The second step is slightly longer than the first, as forward momentum increases.

2

