

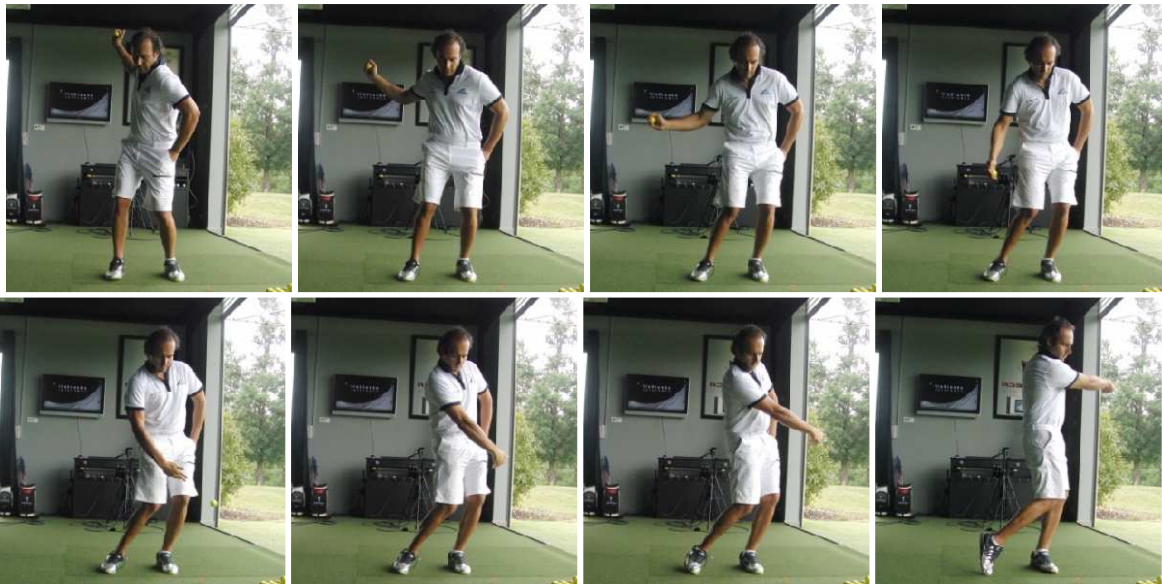


Physical training / exercise:

Release / throw

Golf ball throw – arm extension:

Exercise to practice your release with right arm extension after impact. Throw a tennis ball under harm, time your release to obtain a clean throw.



Few throws to feel the right motion!