

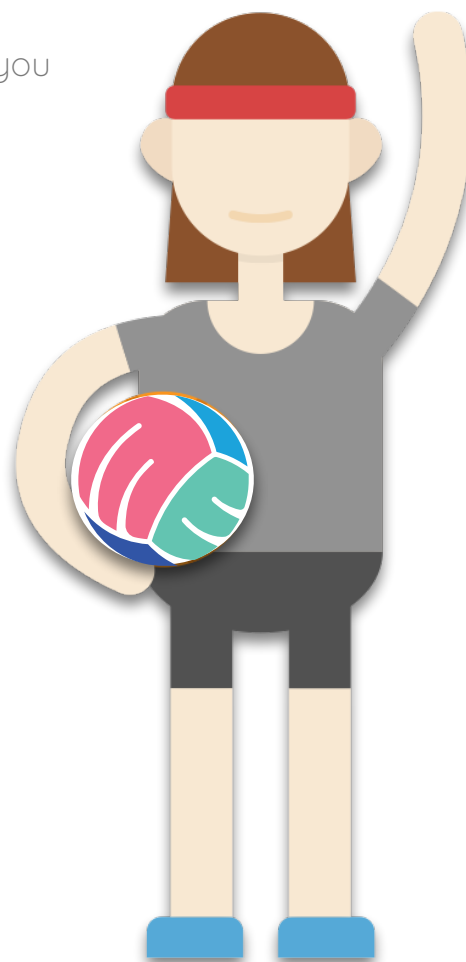
# POWER UP

## TRAINING TIPS

Feeling more EMPOWERED? Try out these training tips at home to help you improve your game.

### BALL SKILL - The Wrap

- Rotate the ball around your torso
- Try not to let it touch you
- Change direction and increase your speed as you become more confident



### BALL SKILL - Figure 8

- Start with your feet apart
- Loop the ball through your legs making a figure 8 pattern
- Change direction and increase your speed as you become more confident