

Drill #2 5-Step Pitching

Target Skill: Pitching

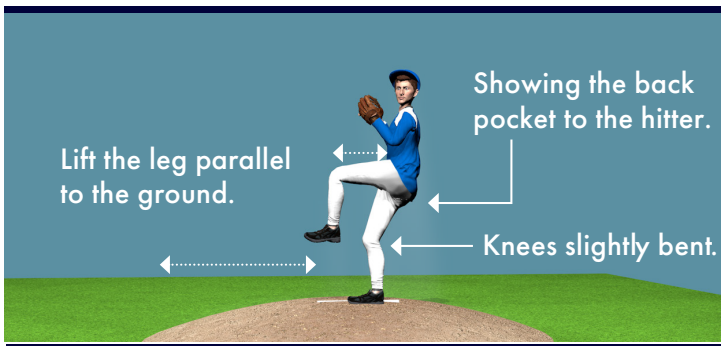
Step 1. Starter phase



Step 2. The pivot phase



Step 3. Lift phase



Step 4. Launch phase- start



Step 4. Launch phase - middle



Step 4. Launch phase - End

