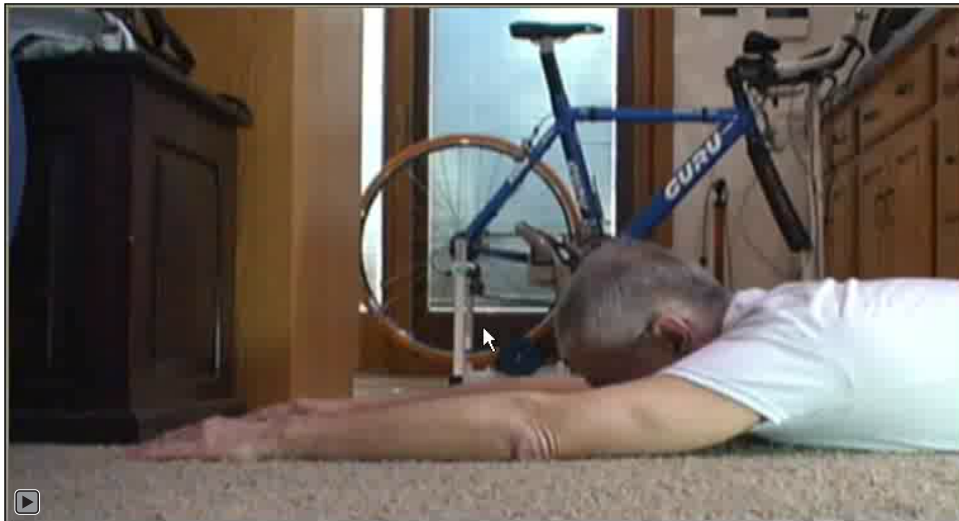


There are two parts to the catch: lifting your elbow slightly towards the surface and then getting your hand under that elbow. The hard part is teaching your body to move your elbow *before* moving your hand. The following exercises are done on the floor (on a soft carpet or an exercise mat), and the goal is to start burning this unusual elbow-first movement into your neuromuscular system. Lie flat on your belly, extending both arms forward a little wider than shoulder width.

Dryland Drill 1: Elbow Pop

- Leave your left hand (palm down) where it is on the floor.
- Lift the left elbow just a couple of inches off the floor, and then lower it. Your arm should rotate very slightly in your shoulder socket (towards your thumb).



- Repeat 50 times with your left arm, then 50 times with your right arm.

Dryland Drill 2: The Early Vertical Forearm Catch

- Begin as above, but immediately after lifting your elbow, roll onto your left side and bring your right hand under your right elbow, stopping when the hand and forearm are vertical.



- Repeat the second exercise about 20 times on each side.