10. THE LOB

TEN LOB RULES

1. Legs Kick High & Hard
2. Back is Vertical
3. Long Arm Cock
4. High Elbow & Release Point
5. Controlled Hip & Torso Rotation
6. Slow Controlled Arm Motion
7. Cradle or Pinch Grip
8. Touch
9. Aiming Point
10. Lock & Lob
10. THE LOB

SUMMARY

1. Vertical and Elevate
2. Kick high and hard with the legs
3. Spin the ball off the fingertips
4. Lob aiming point