

# TOE DRAG

## FOCUS

- Push/pull/hand slide-push with heel of blade, pull with toe of blade, top hand control.

## MOVEMENT

- 1 • Push ball away from body to entice opponent.  
• Quickly pull ball back using toe of blade.  
• Quick, short dribble in front of body then push ball away from front of body as far as possible and quickly pull back.  
• In tight, hands are wide. The ball is pushed forward with the heel out in front of the body while the hands slide together.  
• The ball is stopped with toe of blade pulled back in tight to body.
- 2 • The same process is repeated out to the forehand side.

## ADVANCED

Perform movement #1 and #2 in one fluid movement.



# TOE DRAG

## LEFT HANDED

