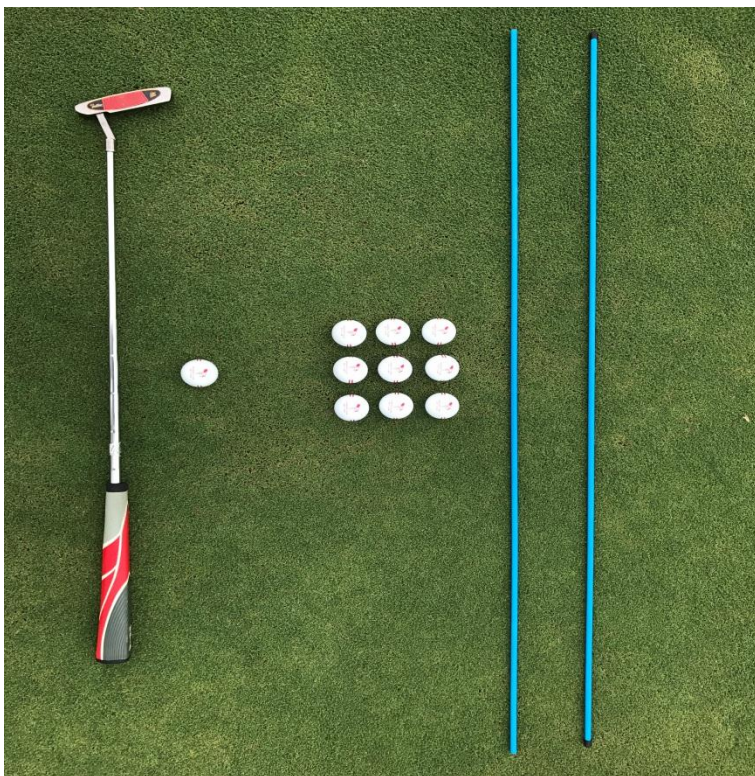
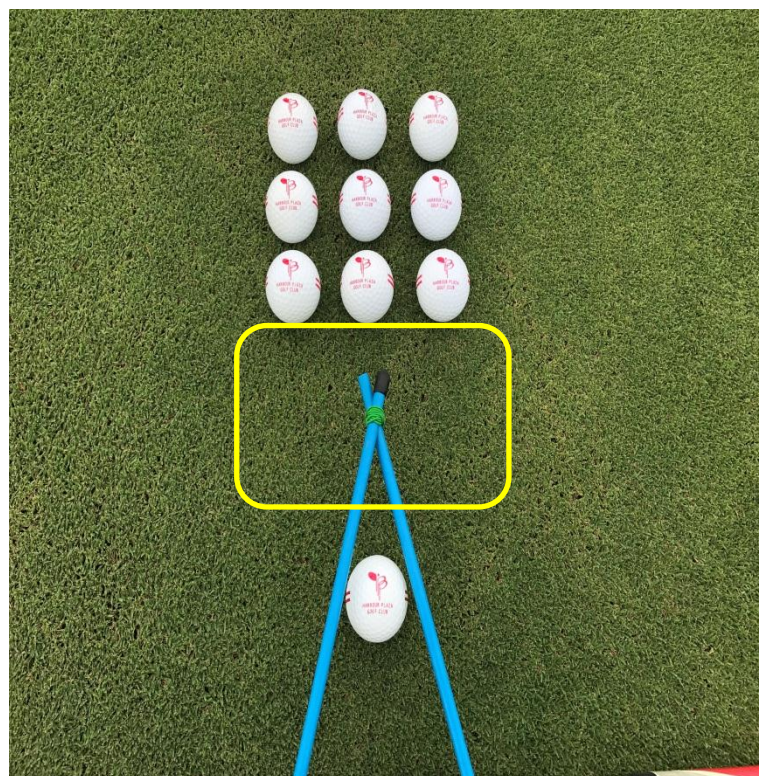


推杆练习小妙招 1



★练习所需的物品



橡皮圈连接两支方向指示杆底端

推杆练习小妙招 2

★双腋下夹稳方向指示杆,推杆摆放于指示杆低端,肩膀左右摆动
练习推球(如图所示)



设定站位



摆肩起杆



摆肩下杆