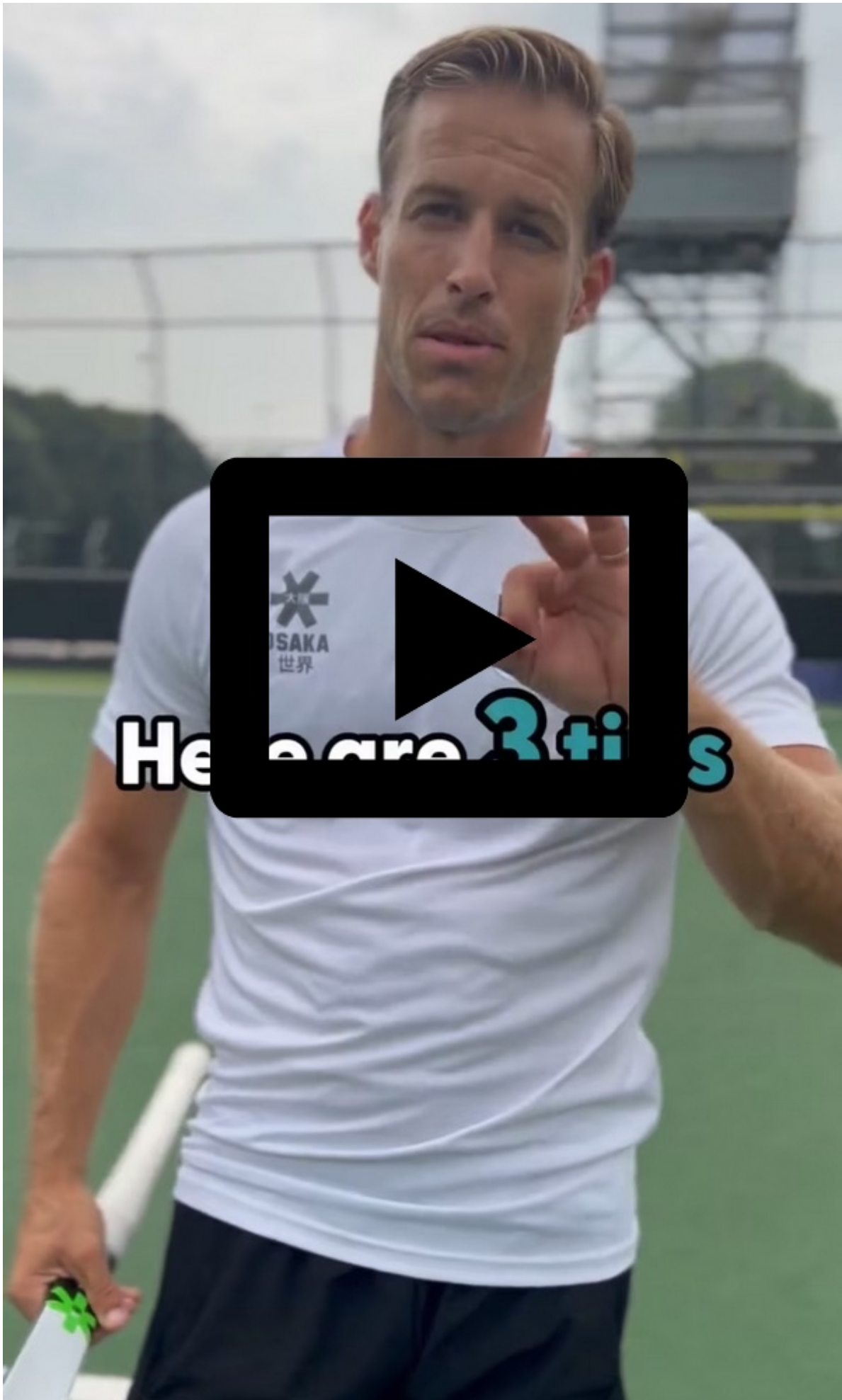


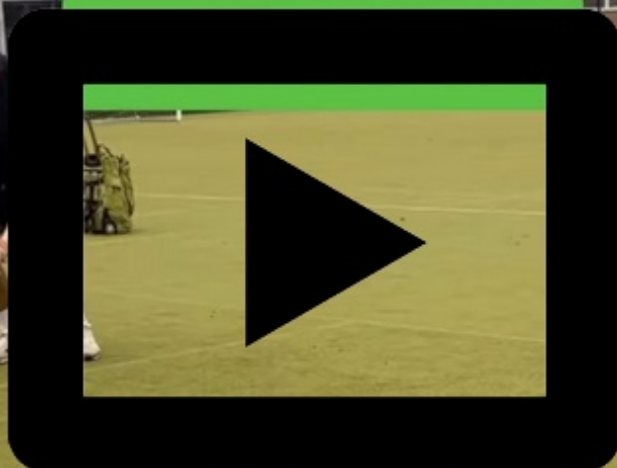
Aerial

Instagram Link



Instagram Link

ROLLING BALL



**MORE TIPS IN THE
CAPTION** 👍

Instagram Link



THE

BIG BOMB TUTORIAL

Instagram Link



Instagram Link

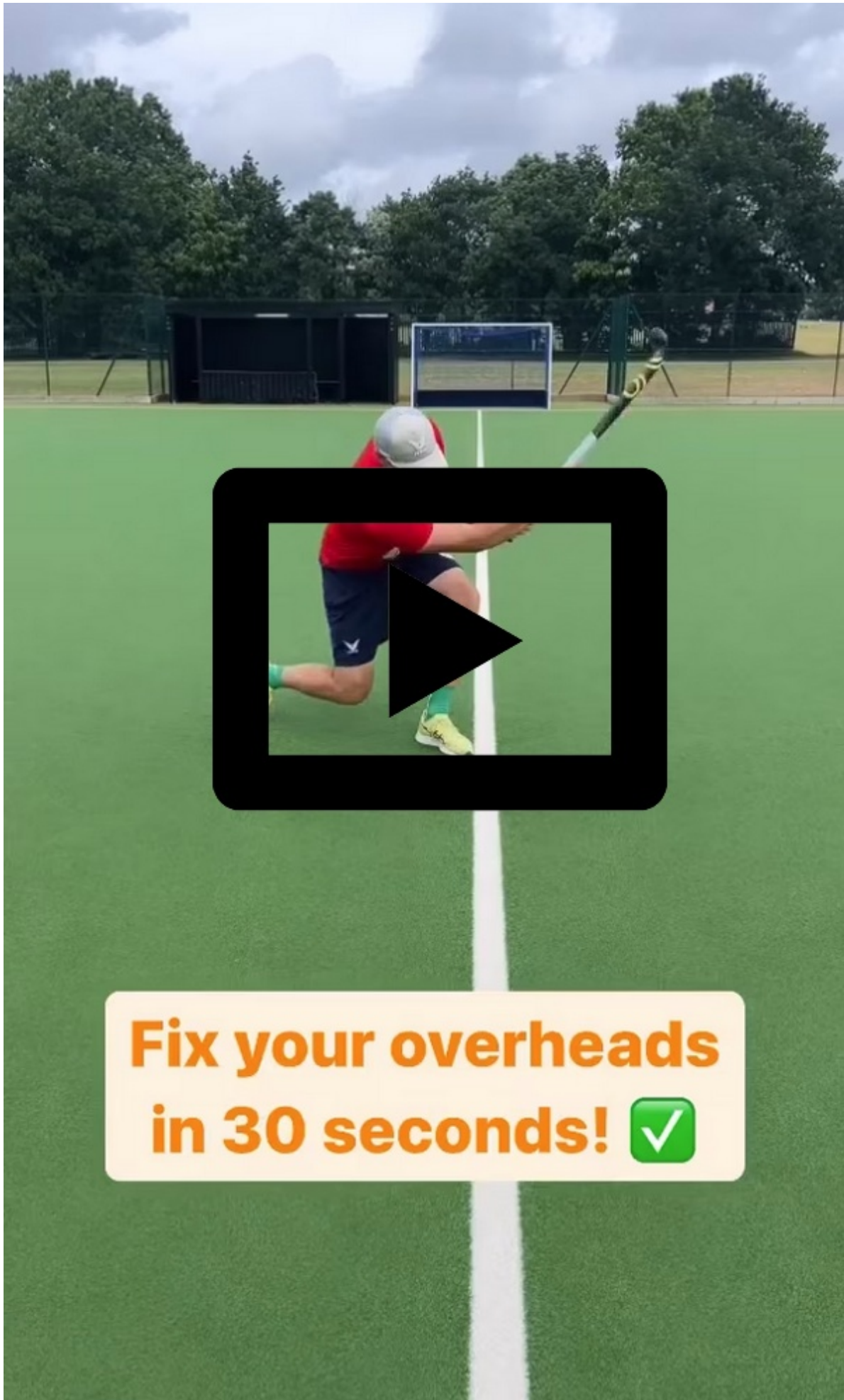
HOW TO: INCREASE YOUR AERIAL DISTANCE



Instagram Link



Instagram Link



**Fix your overheads
in 30 seconds! ✓**

Instagram Link



Overheads Tutorial

Instagram Link

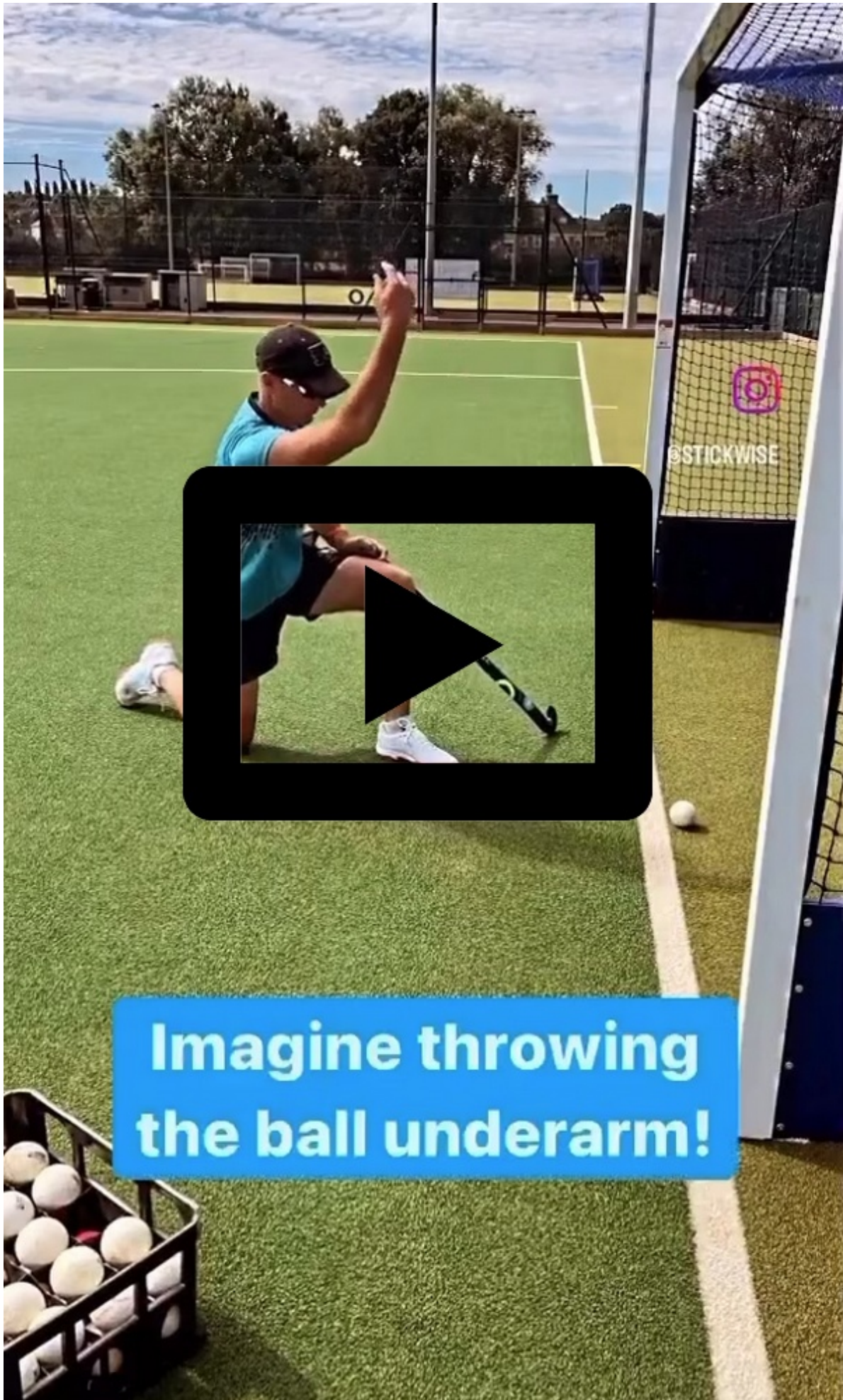


Instagram Link



LEARNING THE AERIAL

Instagram Link



**Imagine throwing
the ball underarm!**

Instagram Link



Instagram Link



THE IDEA TRULY IS

Instagram Link

LEFT HAND

INTO RIGHT FOREARM

THROW FURTHER



