SWING BALLS

1. Place one foot into the loop at the ankle.

2. Starting with the ball extended to the side and back of the foot a little. Swing the loop foot out and forward and into a small circling motion. The ball will spin around that foot.

3. As the ball comes around towards the other foot, put your weight on the loop foot and lift the other foot so the ball may pass under.

4. Continue the ball swinging on one foot as you jump over it with the other foot, using a sort of run in place action.

5. With a little practice you will be able to run forward as you hop over the rotating ball.