

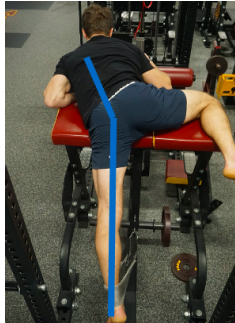
Reverse Hyper Coaching Points

1. Stance, hold w/opposite hand

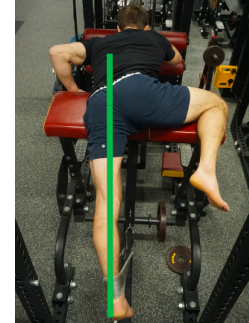
Strength – Wide



Power – In-line



Speed – Narrow



2. 3-Way Foot External



Neutral



Inverted



3. Foot Roll Strength



Power



Speed



4. Squeeze Big Toe

5. Leg(s) Moving Down = Toes Up