# L2 clubs 180 toss

## Difficulty judge

### Start (0.2)

* *Arms straight together*
* *Legs together and originate each toss from a knee bend*
* *Hold the body of the club before originating the toss*

### Element (0.5)

* *Arm circle toss*
* *Arm circle should be on the side plane*
* *Should be stationary without steps*

### Finish (0.2)

* Catch the head with relatively straight arms
* Both arms should be out front horizontal

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Drop or have to step out to catch
* Catch on the wrong area of the club, should be towards the head of club
* free arm must maintain position control
* Legs apart
* Imprecise arm position

## Training Progression

* Get rid of the fear factor by using soft towel or similar on the floor to reduce noise when drop
* Straight arm swing on the correct side plane without clubs
* Wrist motion of the small flick without actually releasing it. Add knee bend and release.
* Practice simple toss and catch without the flip over to get use to the eyes tracking a moving club.