

Posture

Consistently good technique supports consistent shooting. Achieving accurate execution requires time and dedication and by developing good posture and alignment you are more likely to achieve good execution.

These fundamental skills and drills have been brought together for you to learn and repeat in your own environment.

We advise you to use a variety of ways to gain feedback such as:

1. A mirror at home.
2. Support from friends
3. Support from peers at your club
4. Video feedback



Good posture is the foundation of a good technique.