

## Slapping and A Good Practice Presentation Outlines:

### Slapping - the art of a great slapper

1. Footwork
2. correct hand placement
3. variety of slap techniques including power slap, chop slap, soft slap, etc.
4. when to use the different slaps
5. how to read a defense

### How to put together a good practice

1. stretching/throwing
2. fast tempo everyday
3. run realistic game like plays
4. BP
5. how to keep injured involved
6. No one sitting around