

## **5. DOUBLE KNEE DRILL**

*To lead with high elbow*

A good continuation from the Indian Drill. This time set down on both knees. When throwing, be conscious of leading with the high elbow. Use the off-arm as in the Indian Drill. Don't forget to give the throw good wrist action.

**Note the high elbow of the pitching arm in Drills 3, 4 & 5.**

