

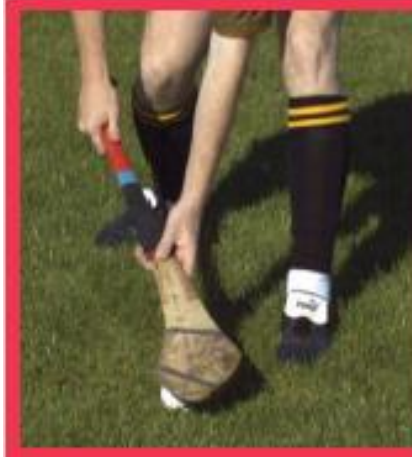
Roll lift



- Non dominant foot beside ball
- Bend hips and knees
- Head over the ball



- Toe point out
- Thumbs point towards ball



- Place hurl on top of ball
- Roll sliotar toward body
- Slide toe underneath
- Flick ball up



- Keep eye on sliotar
- Release non dominant hand
- Catch ball with fingers