Single Arm Heavy Club Mill

This page is a work in progress.

Single Arm Inside Circle - Like

Single Arm Outside Circle - For balance

Shield Cast - Basic throwing pattern

Combine

Single Arm Mill Prep

- Inside circle goes with the shield cast (goes past your opposite ear)

Single Arm 180 Pullover (3 minutes to 7 minutes)

- Inside
  - Inside circle is the start
  - Rotate body at the hips 45 then rotate the spine 45
  - Push swing pull catch
- 180 rotating pullover
  - Put the club behind your head
  - rotate the body 180
  - Pull over
  - Elbow comes to the stop position

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