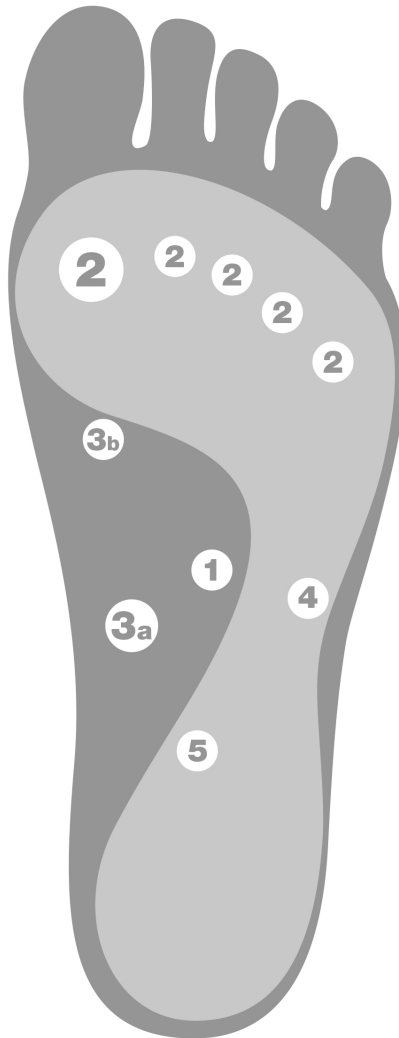


Footwork with Ball: the Melt Method



1. Stand with your feet hip width apart. Stagger your feet so the foot you will work on is in front.
2. Place the ball at point number 1. Shift your weight forward onto the ball, keeping your knee straight and your heel on the ground. You have control of how much pressure to place on your foot, so keep it tolerable. Shift on and off of the ball 2-3 times, then move to the next point and repeat. Complete all points and then switch to other foot.
3. Finish the session with quick friction to the bottom of each foot for 10 seconds. Move the ball quickly in every direction and surround your entire foot.

(If you like this exercise. Check out the book: “The Melt Method”)