



## Player Information:

First Name: flavio

Date of Birth: 2025-05-01

Last Name: Doe

Position: playmaker

## PREPARATION



- The left hip angle is slightly flexed during the Preparation phase.
- The right knee angle is slightly flexed during the Preparation phase.
- The left knee angle is slightly flexed during the Preparation phase.
- The right elbow angle is over flexed during the Preparation phase.
- The left elbow angle is slightly extended during the Preparation phase.
- The left shoulder angle is slightly extended during the Preparation phase.





## TRANSITION



- The left hip angle is slightly flexed during the Transition phase.
- The right knee angle is slightly flexed during the Transition phase.
- The left knee angle is slightly flexed during the Transition phase.
- The right elbow angle is over extended during the Transition phase.
- The left elbow angle is slightly flexed during the Transition phase.
- The left shoulder angle is over extended during the Transition phase.





## RELEASE



- The left elbow angle is slightly flexed during the Release phase.
- The right shoulder angle is slightly flexed during the Release phase.





## FOLLOW-THROUGH



- The right elbow angle is over extended during the Follow-through phase.