**Skipping Stones and Golf**

**Let’s break down the motion of skipping a stone.**

Throwing a baseball? Pretty much the same.

**1. The Lift**

Your right palm rises, facing the target.  
Your left armpit is tucked in tight,  
and your left hand hovers close to your right.

**2. The Plant**

Your right arm is still high—just slightly lowered.

**3. The Throw**

Your right foot drives hard into the ground.  
Your right knee pushes so far toward the target,  
it almost crosses behind your left knee.  
Your head? Perfectly still.  
Your left hip and waist?  
They whip left with serious force.

**You already knew this.**

Give me back my 4 years of practice!