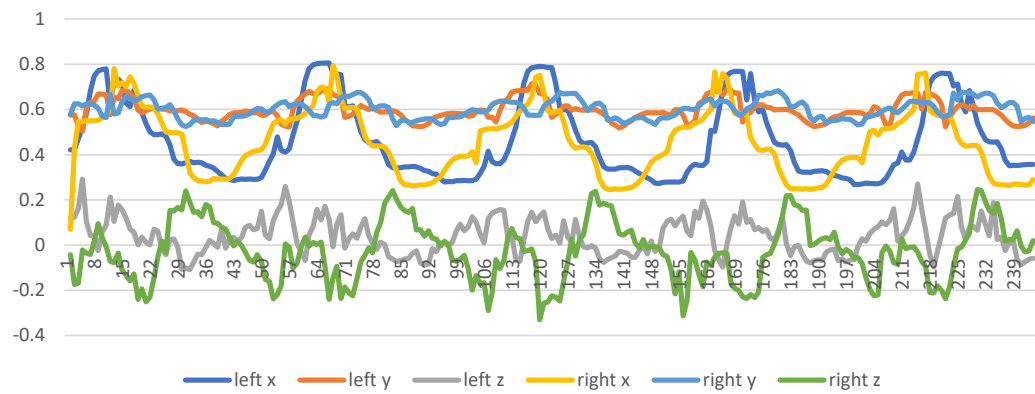
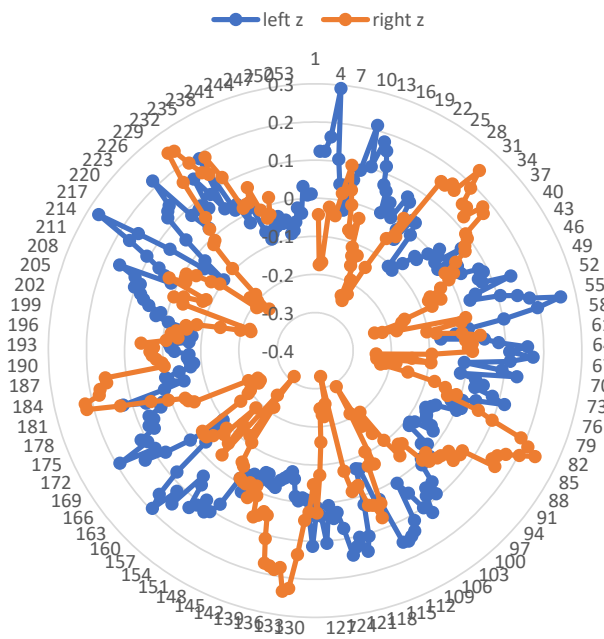


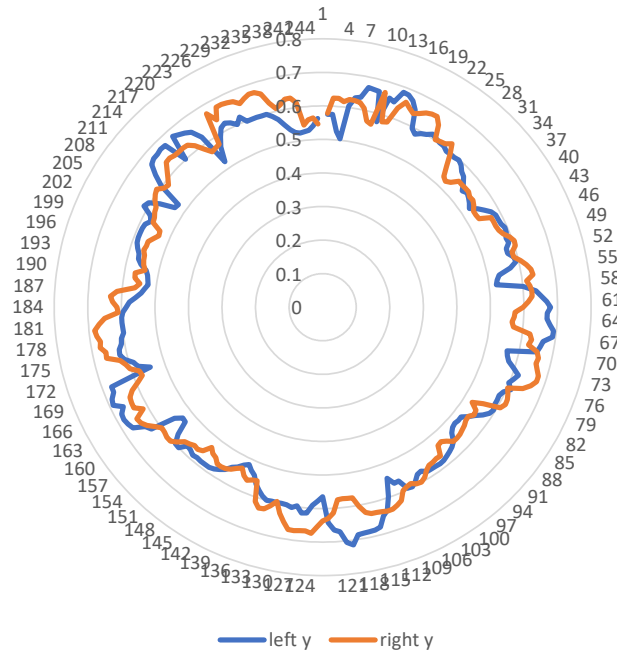
Microcycles- Mid court FH and BH Simon Kilshaw



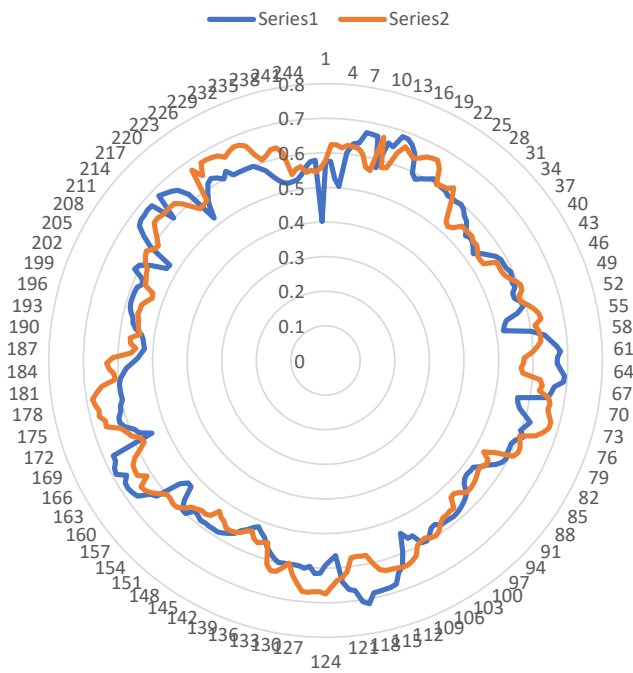
Foot Rotation



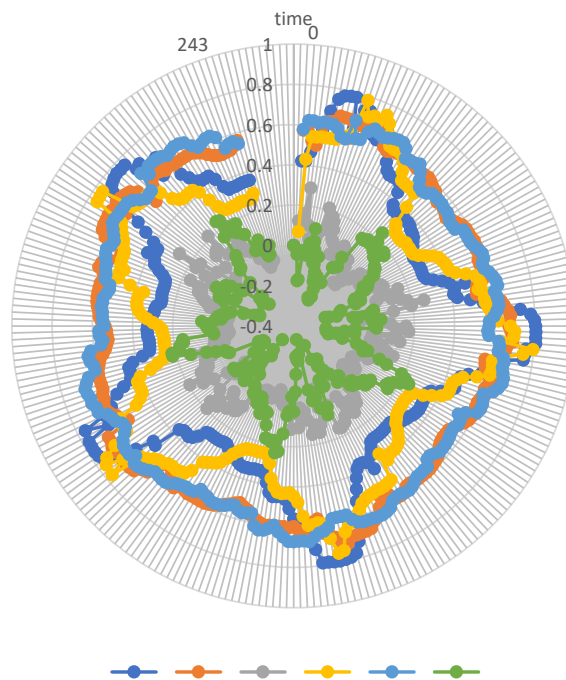
Two feet x position



Height both feet

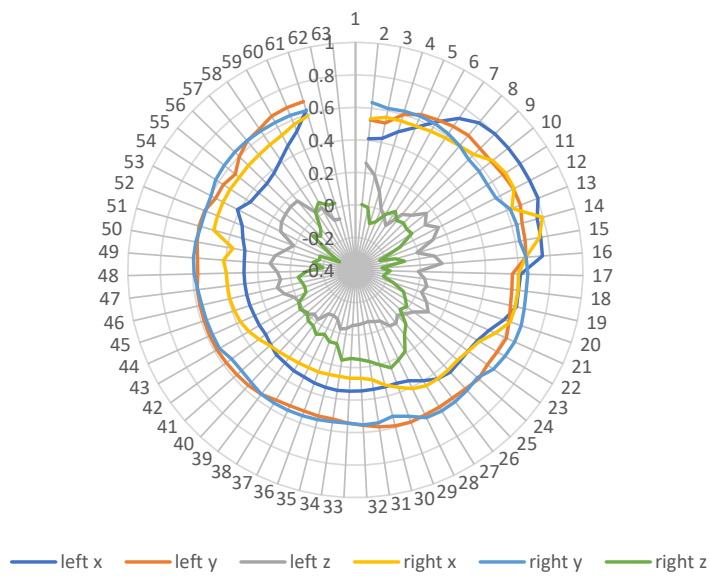


Midcourt FH and BH microcycles



—●— —●— —●— —●— —●— —●—

Midcourt microcycle FH SK



—●— left x —●— left y —●— left z —●— right x —●— right y —●— right z

### Single Microcycle Midcourt BH SK

