

I. Ball rolling	
A Initial stage	<ol style="list-style-type: none"> 1. Straddle stance 2. Ball is held with hands on the sides, with palms facing each other 3. Acute bend at waist, with backward pendulum motion of arms 4. Eyes monitor ball 5. Forward arm swing and trunk lift with release of ball
B Elementary stage	<ol style="list-style-type: none"> 1. Stride stance 2. Ball held with one hand on bottom and the other on top 3. Backward arm swing without weight transfer to the rear 4. Limited knee bend 5. Forward swing with limited follow-through 6. Ball released between knee and waist level 7. Eyes alternately monitor target and ball
C Mature stage	<ol style="list-style-type: none"> 1. Stride stance 2. Ball held in hand corresponding to trailing leg 3. Slight hip rotation and trunk lean forward 4. Pronounced knee bend 5. Forward swing with weight transference from rear to forward foot 6. Release at knee level or below 7. Eyes are on target throughout
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Failure to transfer body weight to rear foot during initial part of action B. Failure to place controlling hand directly under ball C. Releasing the ball above waist level D. Failure to release ball from a virtual pendular motion, causing it to veer to one side E. Lack of follow-through, resulting in a weak roll F. Swinging the arms too far backward or out from the body G. Failure to keep eye on target H. Failure to step forward with foot opposite hand that holds ball I. Inability to bring ball to side of the body 	

