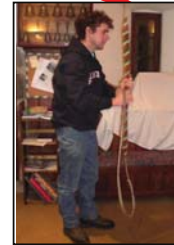


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SKILLED BELL HANDLING

Arms at comfortable stretch.

To the top of the hand stroke.



Handstroke

Vertical



Hands close together, all fingers grip around sally, hands rise with the sally.

Hands transfer to grip sally.

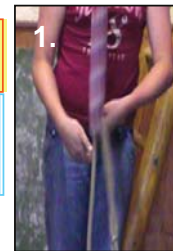
Hands release the sally.

Both hands release simultaneously.



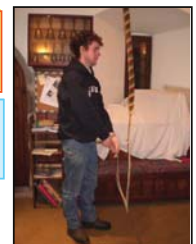
Hands transfer from sally to tail end.

Hand transfers immediately onto tail end.



Bottom of handstroke.

Both hands down low.

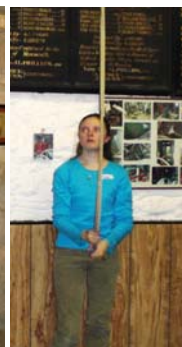


Hands low, arms straight, thumb of right hand points to floor.

Bottom of backstroke.

Vertical pull. Rope travels straight down in front of body.

Backstroke



To the top of the back stroke.

Both arms at a comfortable stretch at top.



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POOR BELL HANDLING

Sally snatched with bent arms
Rope checked and sally doesn't rise

To the top of the handstroke.



Handstroke

Hand movement not vertical.
Rope pushed forwards.

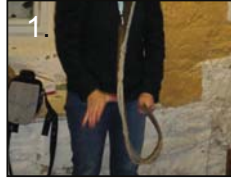


Incorrect grip
1. Fingers remain round the tail end and don't all grip the sally.
2. Tail end remains within grip.

Hands transfer to grip sally.

Hands release the sally.

Separation of hands as they leave the sally.



Hands transfer from sally to tail end.



1. One hand strays wide in an arc.
2. Top hand doesn't join the other hand on the way down, but after it has started to rise.



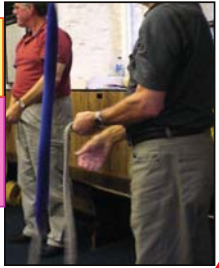
Hands stop before the bottom of the stroke.

Bottom of backstroke.



Bottom of the handstroke.

Hands not low enough at end of stroke.



Hands do not move vertically.
Rope thrown forwards.

Backstroke



To the top of the back stroke



1. Anticipation/hands move up too fast. Natural rhythm not followed.
2. Hands do not rise to top of stroke – rope checked.

