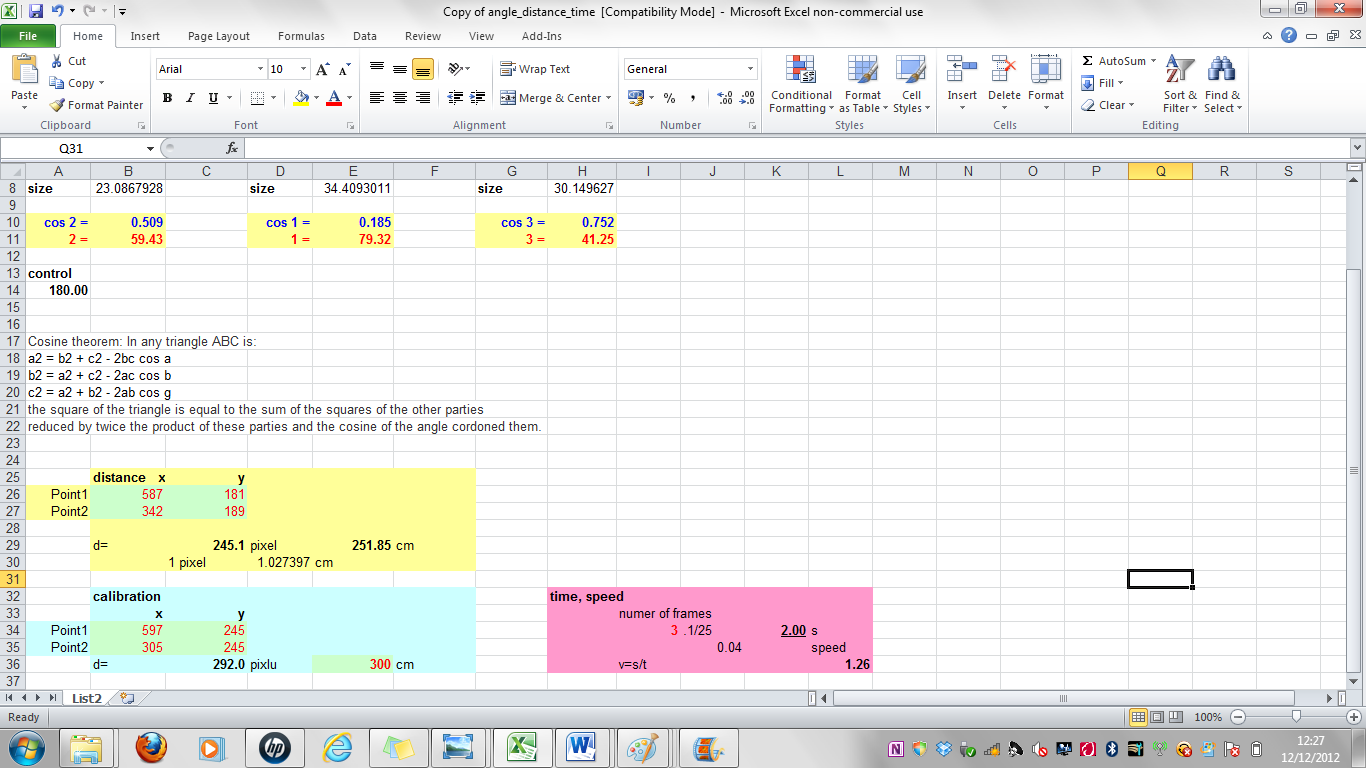
**2d and 3d Motion : Jessica Hendle**

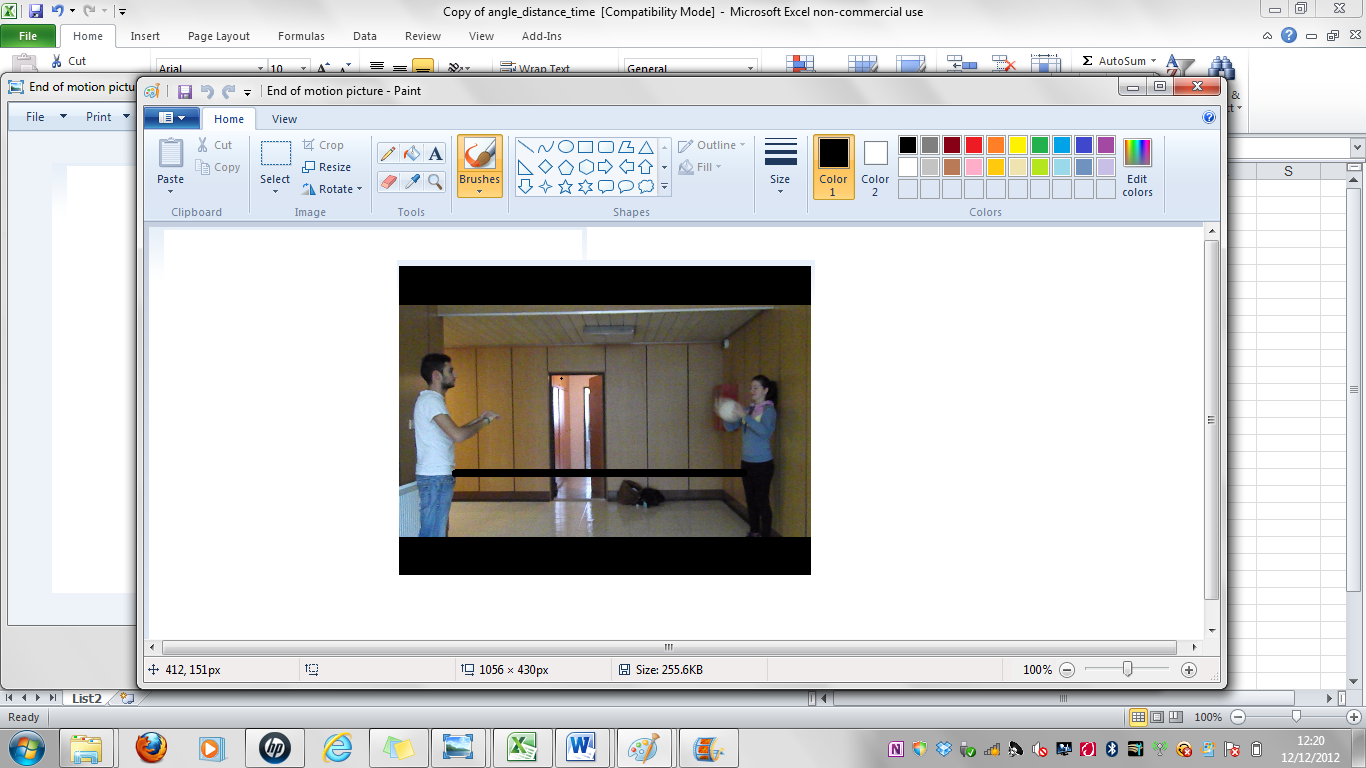
Length=3 frames

Time= 2 seconds (movement)

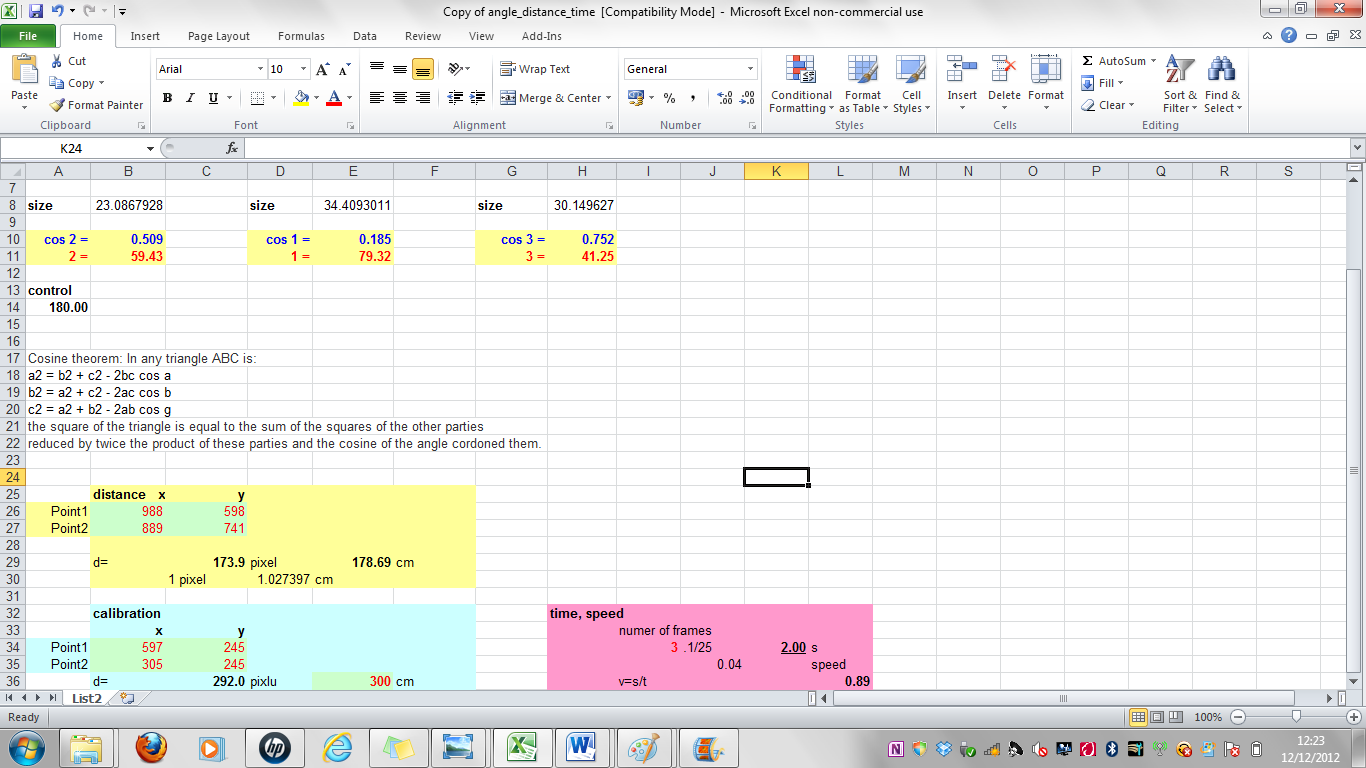
1. Distance= from the foot of one player to the other (3 metres/300cm)

Distance from-hand to hand of movement



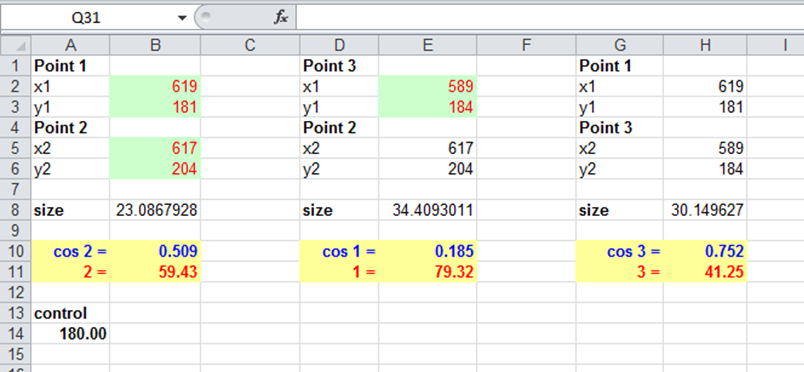


1. To calculation the speed = distance x seconds of movement =

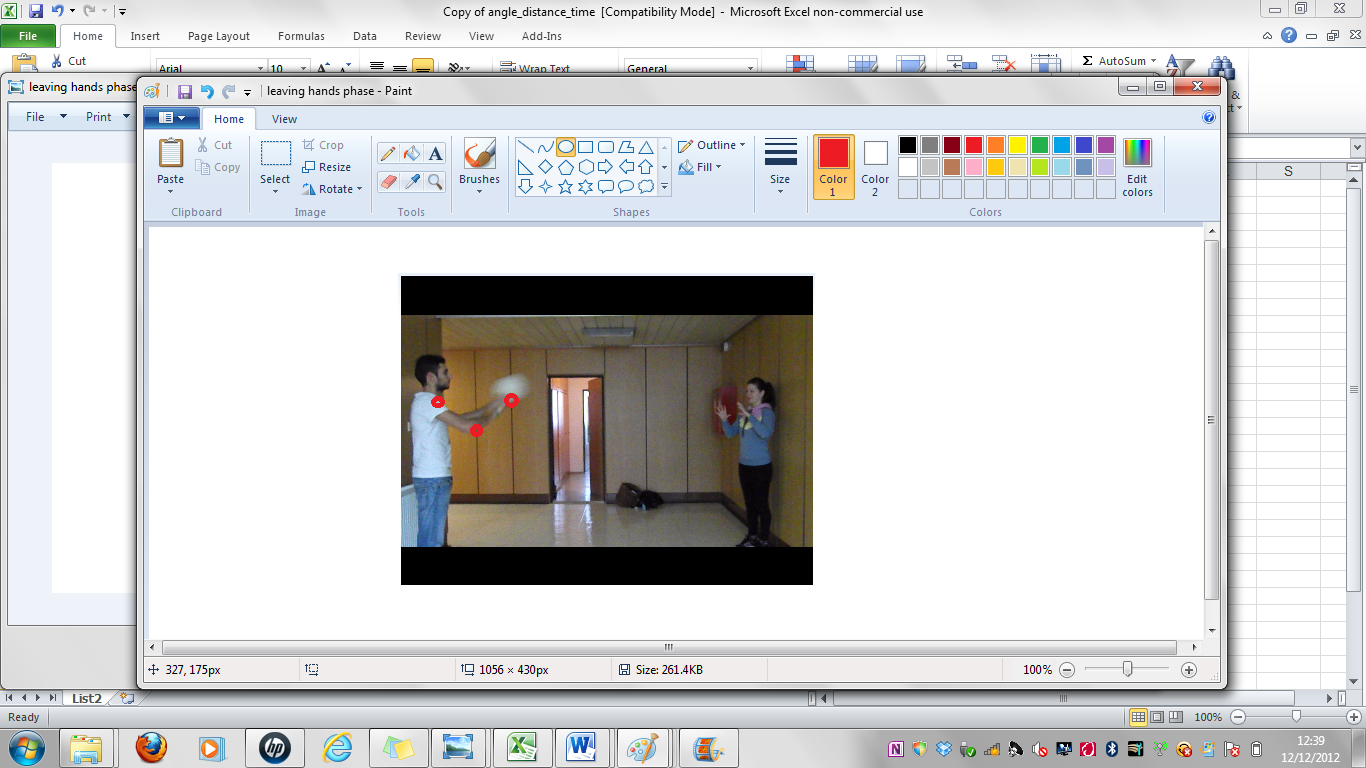


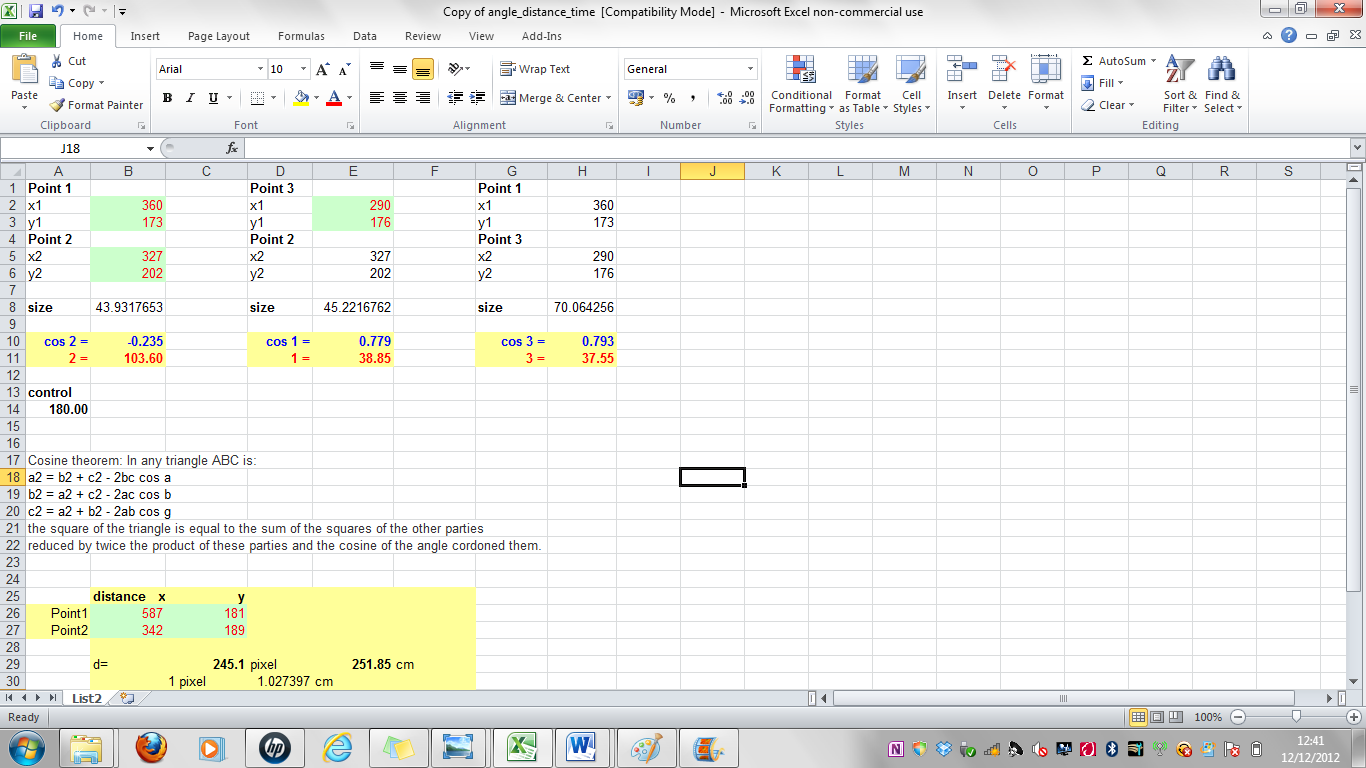
1. Angles

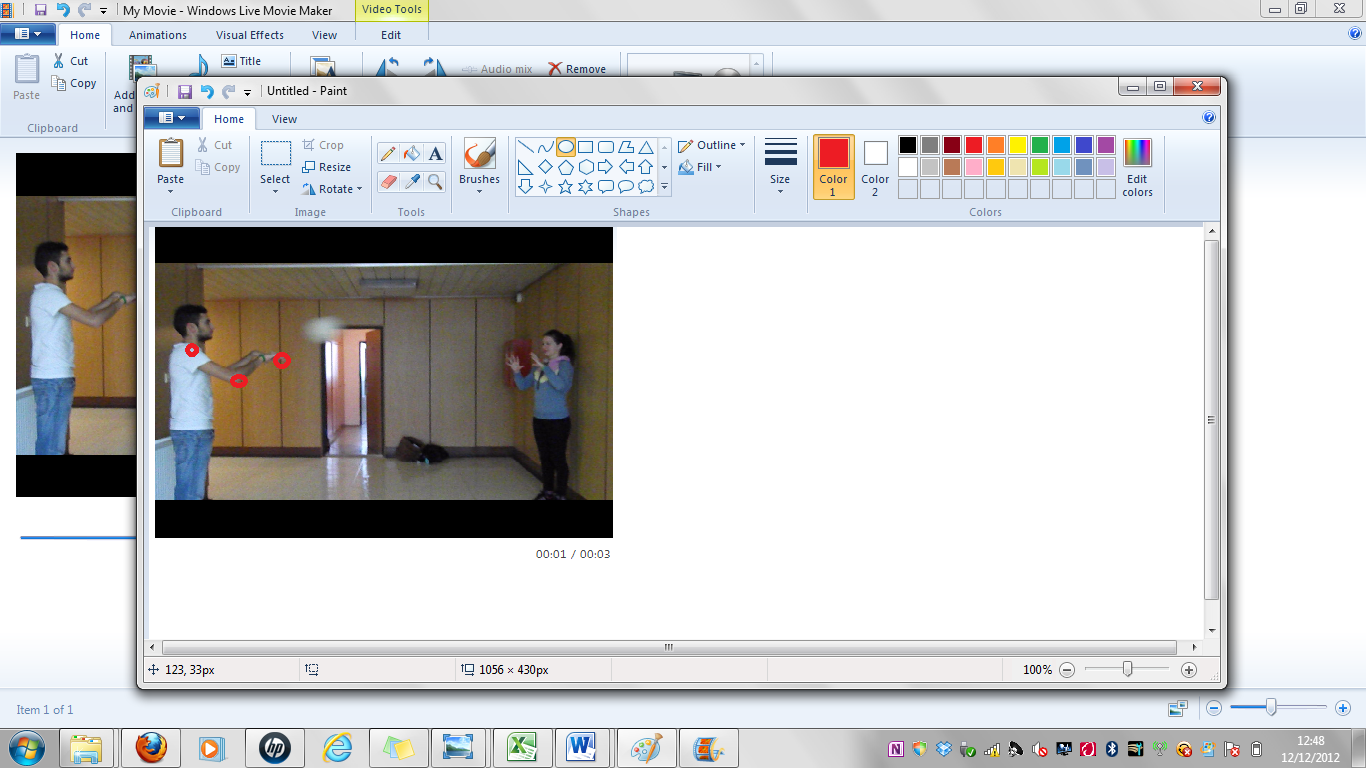
* Starting Stance (3 points-hand, shoulder and elbow)



* Leaving Phase of movement (hand on ball, elbow & shoulder)





* Release of ball phase

