

## VAR-E System: Changing Axis of Rotation to Change Ball Motion

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With the VAR-E Axis of Rotation System, learn how-to alter ball motion more easily. I have found it easier to teach axis of rotation variation by focusing on the center of the palm as compared with teaching it referencing the fingers and thumb. With VAR-E, the key to altering ball motion easily is to envision a clock face relative to the center of your palm.

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