

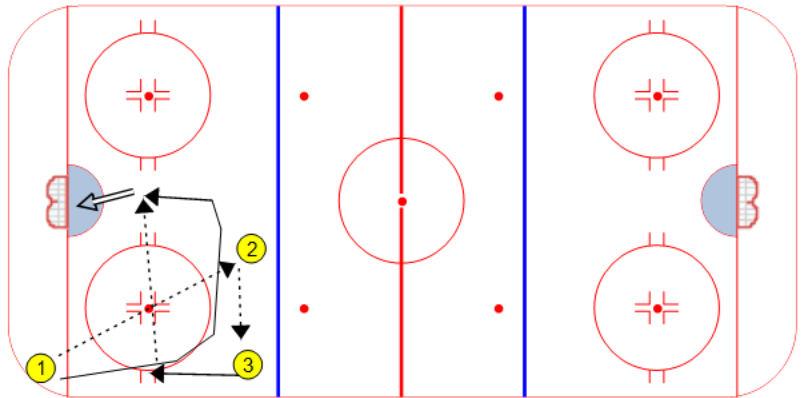
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Quick Flow Content elements: _____ Components : _____

Description

1 passes to 2, 2 passes to 3. 1 cuts around the top for the circles and drives the net, 3 moves feet down the wall and passes to 1 for a shot on net.

1 takes 2's spot, 2 moves to 3's spot.



Key Points :