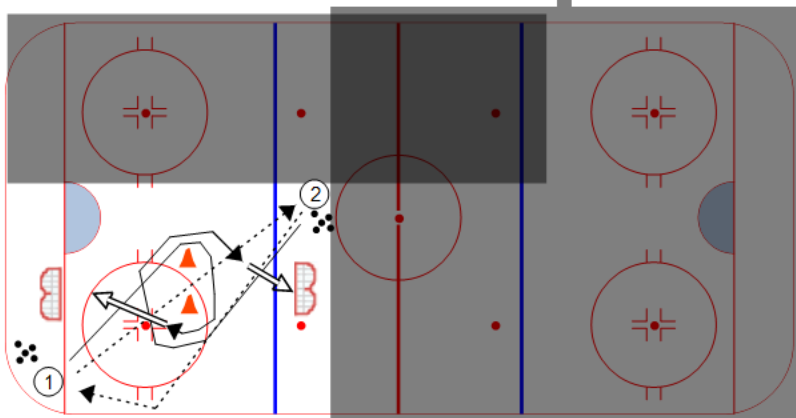


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Round & Round Shooting Content elements: _____ Components : _____

Description

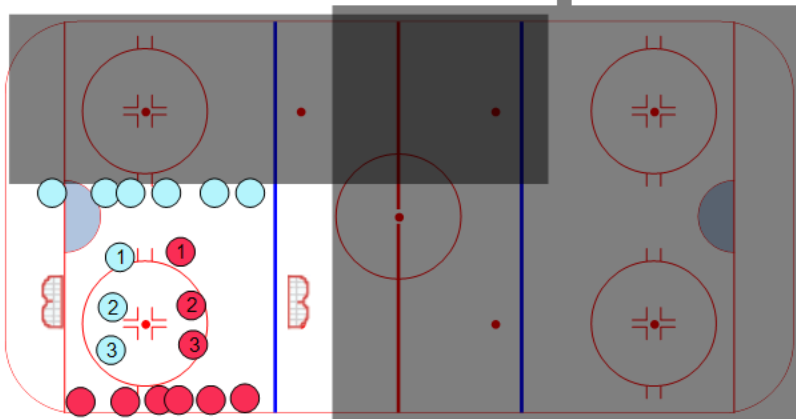


Key Points :

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

Title : 3 on 3 Side QB Content elements: _____ Components : _____

Description

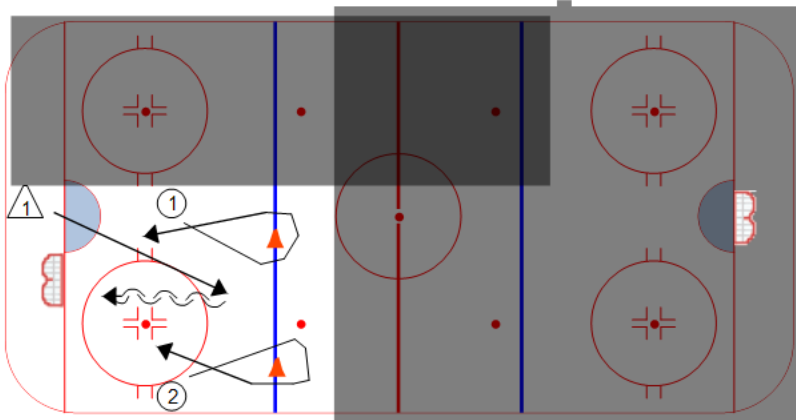


Key Points :

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

Title : Quick 2 on 1 Content elements: _____ Components : _____

Description

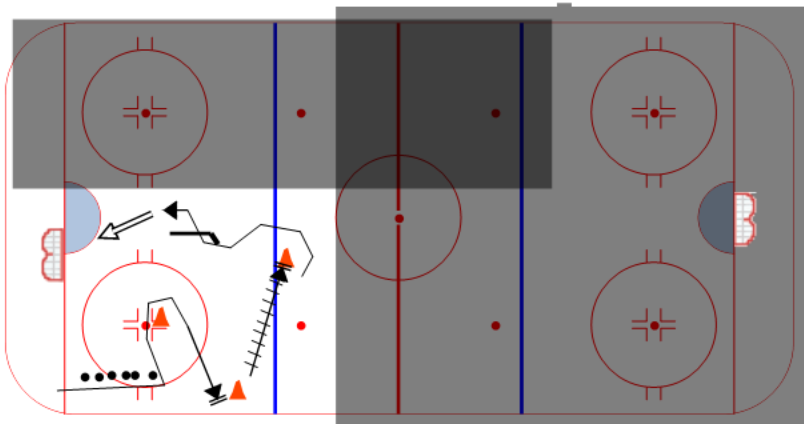


Key Points :

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

Title : Stickhandle, Side Step, Qui Content elements: _____ Components : _____

Description

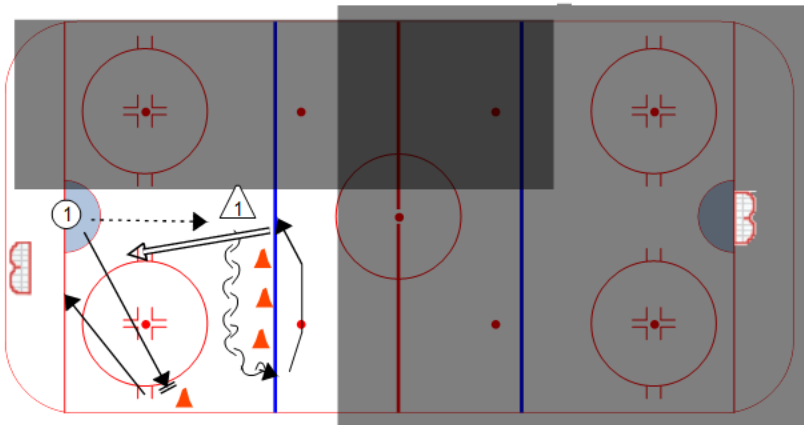


Key Points :

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

Title : Quick Tip Content elements: _____ Components : _____

Description



Key Points :