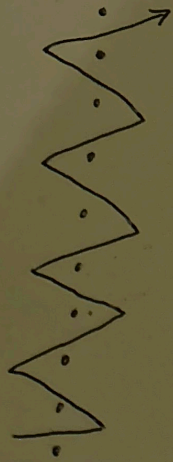
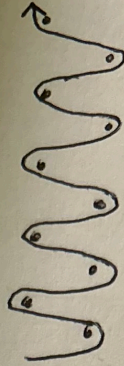


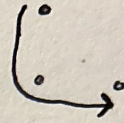
1. Straight Line



2. wide stickhandles 3.



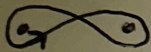
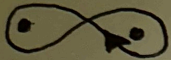
Toe drag



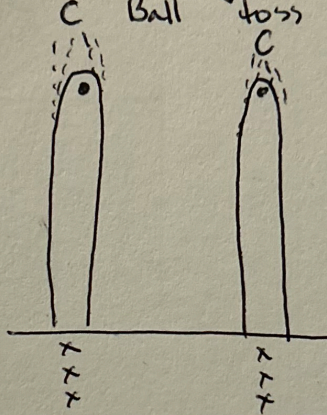
- Can also add shot.

4.

Figure 8



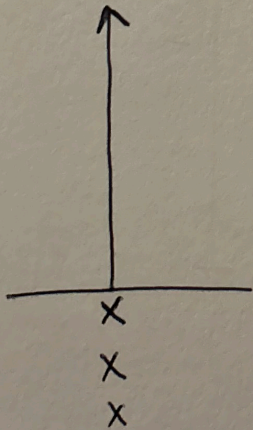
5. Running with Ball toss



6. Close shots



7. Quick start Sprints



8. Shuttle Competition

- Timed
- Ball

