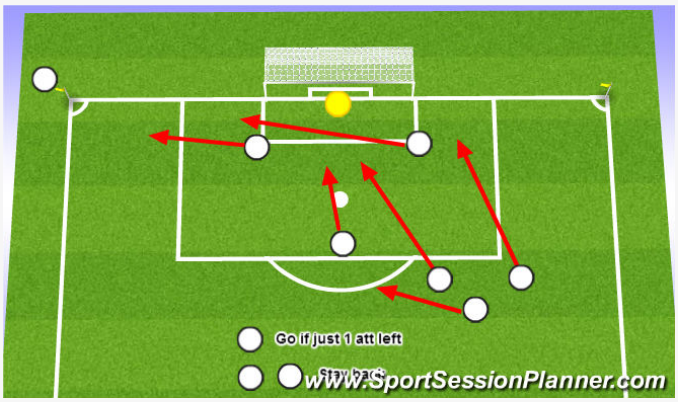
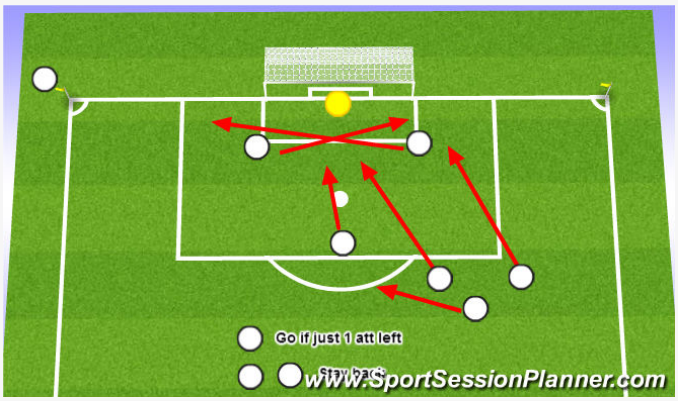
## Short Runners (Bounce)

The corner taker bounces the ball as he comes up to take corner. As he steps up to take the corner players make runs




## Front Post Drill (1 Hand)




## Over Hit (2 Hands)

