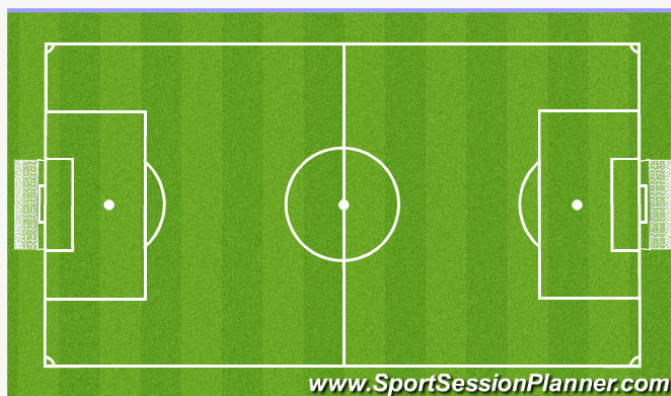
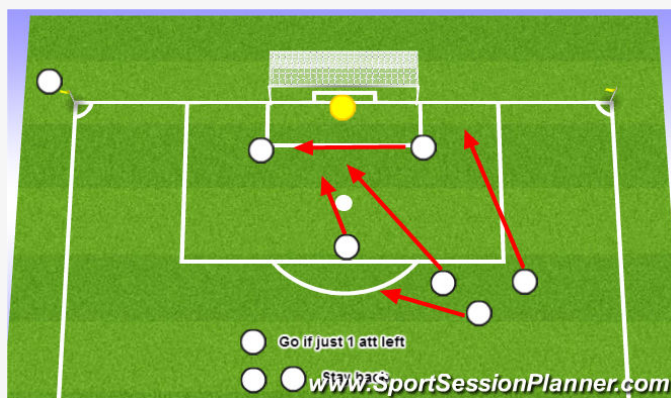


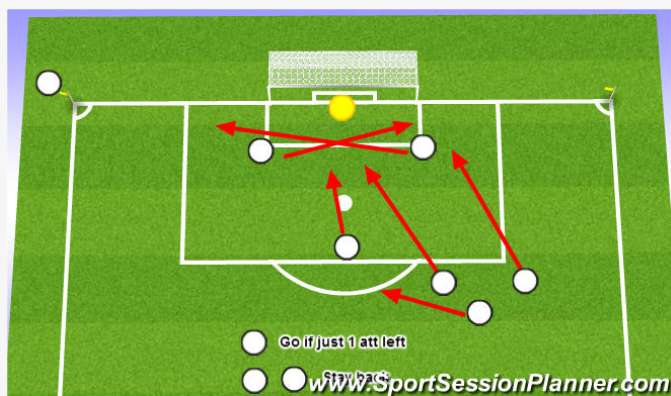
Period 1



Over Hit (2 Hands)



Front Post Drill (1 Hand)



Short Runners (Bounce)

