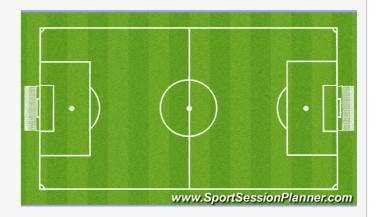
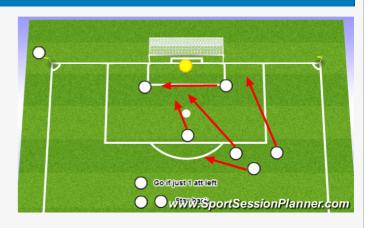
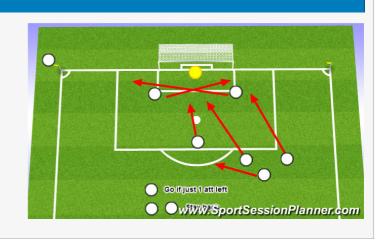
Period 1



Over Hit (2 Hands)



Front Post Drill (1 Hand)



Short Runners (Bounce) Coolingust Facilities WWW:SportSessionPlanner.com