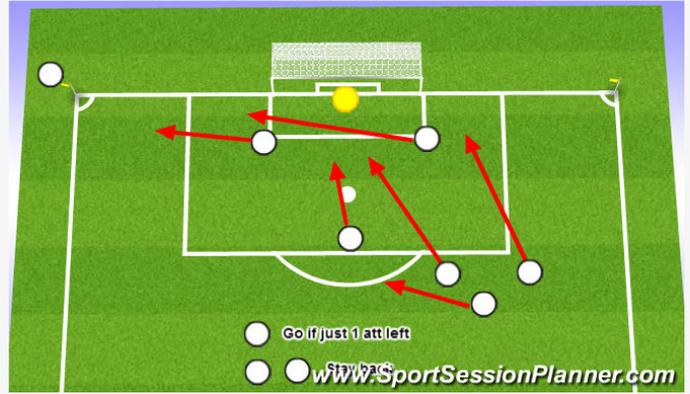
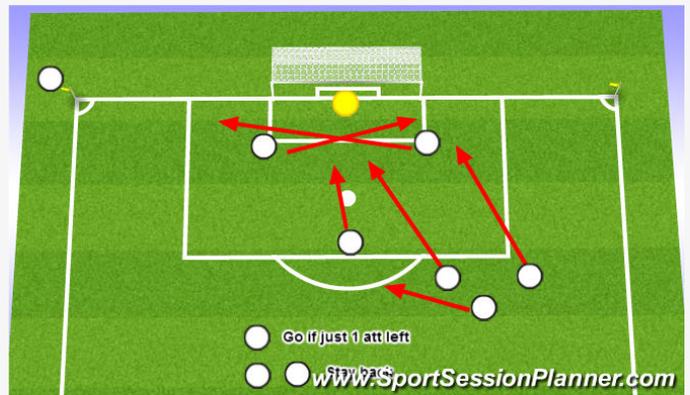


Short Runners (Bounce)

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)

