



#### 4 Offensive Skill

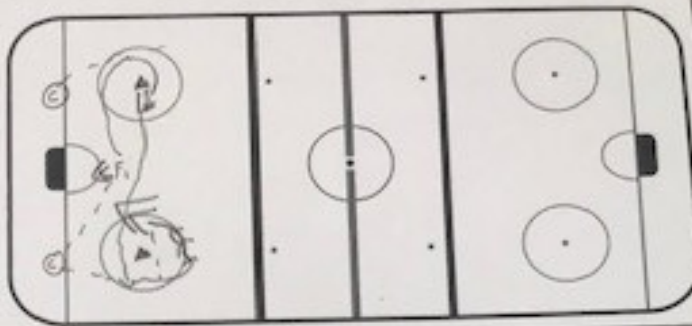
##### "Spin + Shot"

① - center make passes

(1 pass forward / 1 pass backward)

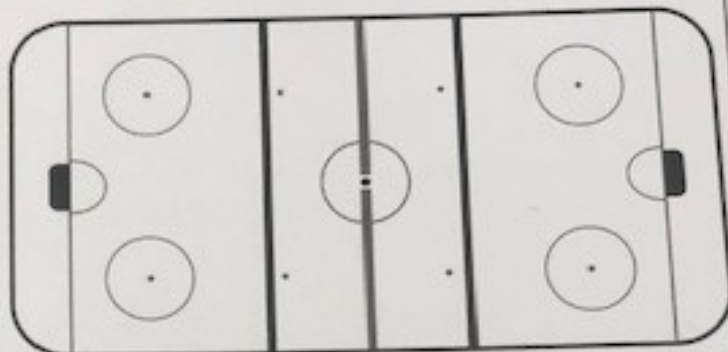
② ③ pass to F<sub>1</sub> + Shot

② F<sub>1</sub> goes down + up pylon  
receives pass on forehand for  
quick draw + Shot



5

③ F<sub>1</sub> goes down + up, last pylon  
receives pass on backhand  
+ Must catch pass / chip thru  
legs + Quick spin + Shot



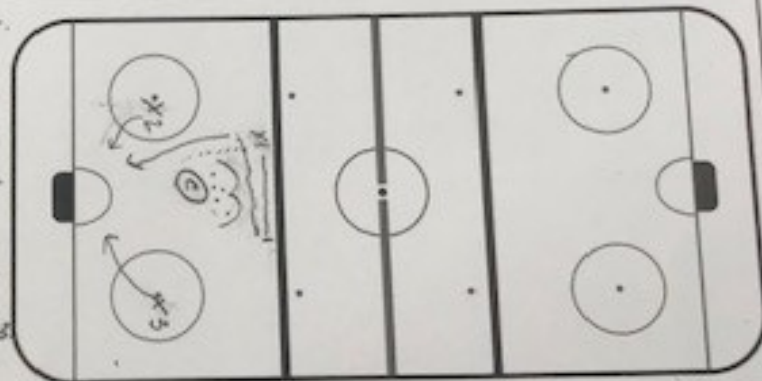
\* Offensive in the Area \*

#### 6 Point shot with tip backdoor.

① passes to X1 who moves

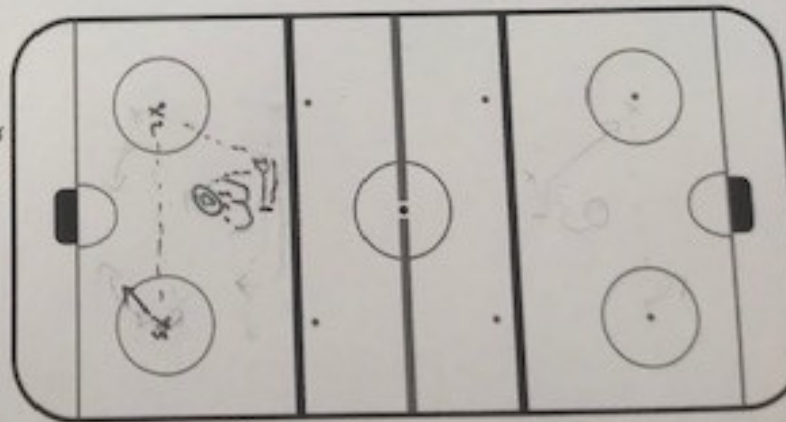
laterally across the blue line,  
stop when at opposite side of the  
net. Move back to other side  
of net and shoot hard for  
backdoor tip to either X2 or X3.

\* Changes sides on next shot.



#### 7 D work with one timer.

① passes to D who moves  
laterally to middle of net, stops  
moves back and make pass  
to X2 who passes to X3  
for one timer. D then  
moves to opposite side of  
net and does same thing  
on other side.



Notices: