

Here are my drills with quote and book read! Hope all is well!

JimCapy-Drill Club/22-23

2vs0,x's & o's leave same time!

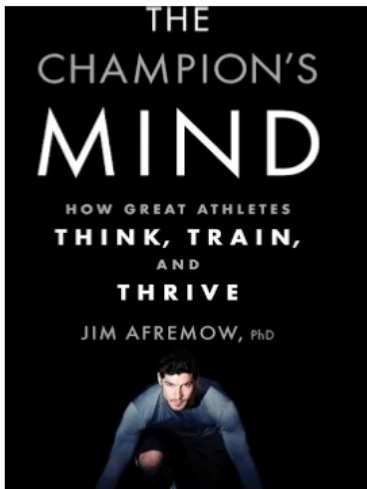
Transition 3vs0

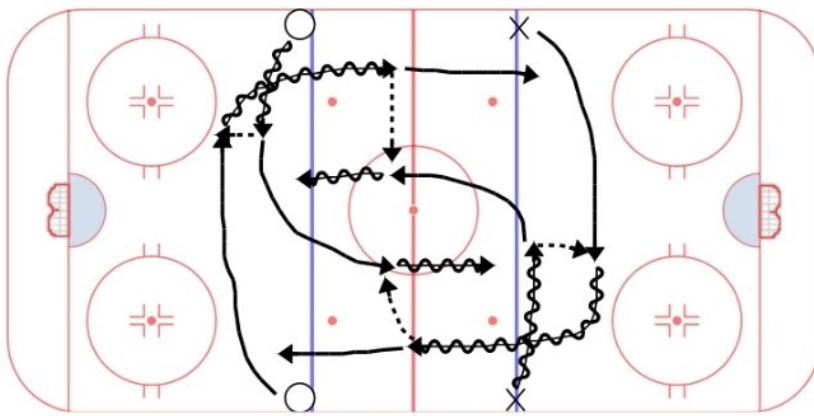
Both ways

Chip drill, both ways, everyone same time, D join for shot!

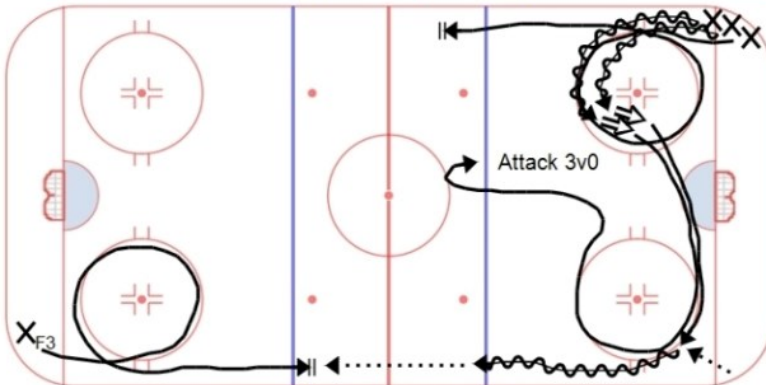
BC/Transition 3vs0. Can add 2 D on GL to turn into 3v2 or 5vs3 in zone!

Sent from my Bell Samsung device over Canada's largest network.

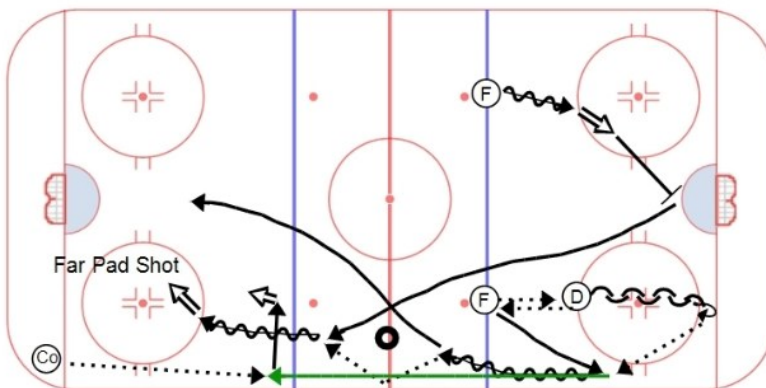




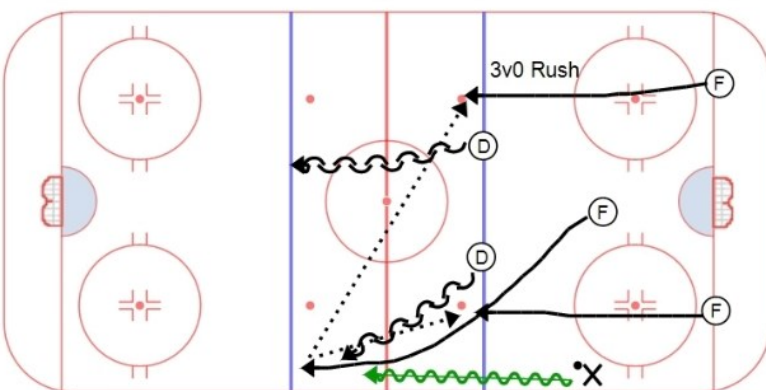
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