

Shot Skills & Drills

SSD#1

- Low shot solo
- Wrist Arm drag go behind
- Wrists outside step duck
- Pen. Step to knees to feet solo
- Swing sgl to backside dbl

SSD#2

- Low shot & leapfrog
- Wrist arm drag to step-in dbl
- Wrists outside step duck bodylock
- Pen. Step to feet dbl
- Dbl sprawl & hit corner

SSD#3

- Step-in sgl
- CT arm drag go behind
- Wrists outside step duck
- Pen. Step to knees to feet solo
- Swing sgl to shelf

Shot Skills & Drills

SSD#4

- 2-on-1 to sgl
- CT arm drag dbl
- Wrists outside step duck bodylock
- UH throwby to sgl
- Swing sgl to backside dbl

SS#5

- 2-on-1 pull down
- Triceps tie to arm drag dbl
- Outside step duck
- UH throwby to sgl
- Dbl sprawl & hit corner

SS#6

- 2-on-1 pull down to sgl
- Triceps tie to arm drag go behind
- UH throwby to sgl
- UH throwby to sgl
- Swing sgl to shelf