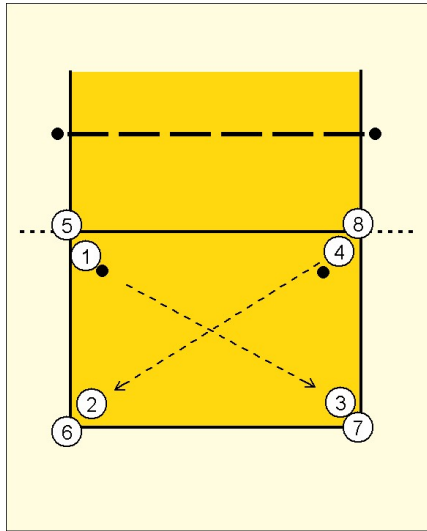


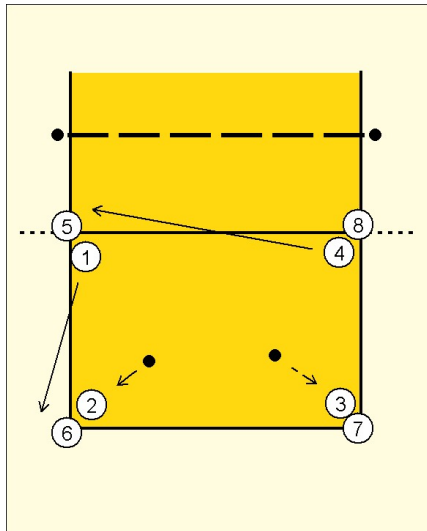
Ball handling

Type-tempo-direction

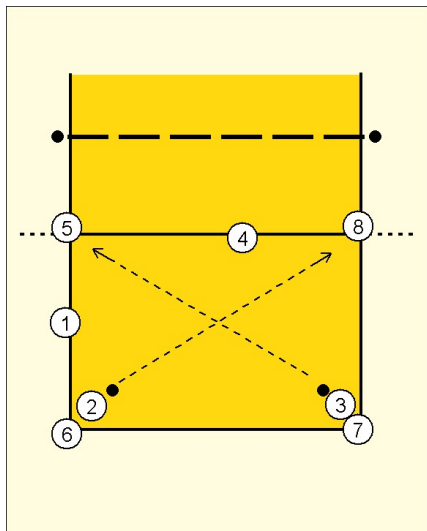


1
Players 1 and 4 pass the ball diagonally with the "Type" and the "Tempo" specified by the coach.

Examples are "Forearm and tempo 2" or "Overhand and tempo 1".



2
Players who just completed passing the ball (1 and 4) move in the "Direction" specified by the coach. (In the diagram, players are shown moving to the right).



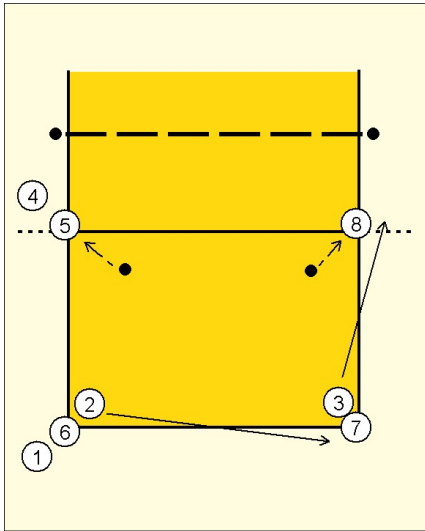
3
Players 2 and 3 pass the ball diagonally with the "Type" and the "Tempo" specified by the coach.

Examples are "Forearm and tempo 2" or "Overhand and tempo 1".

Ball handling

Type-tempo-direction

4



Players who just completed passing the ball (2 and 3) move in the "Direction" specified by the coach. (In the diagram, players are shown moving to the right).

Repeat from the beginning.