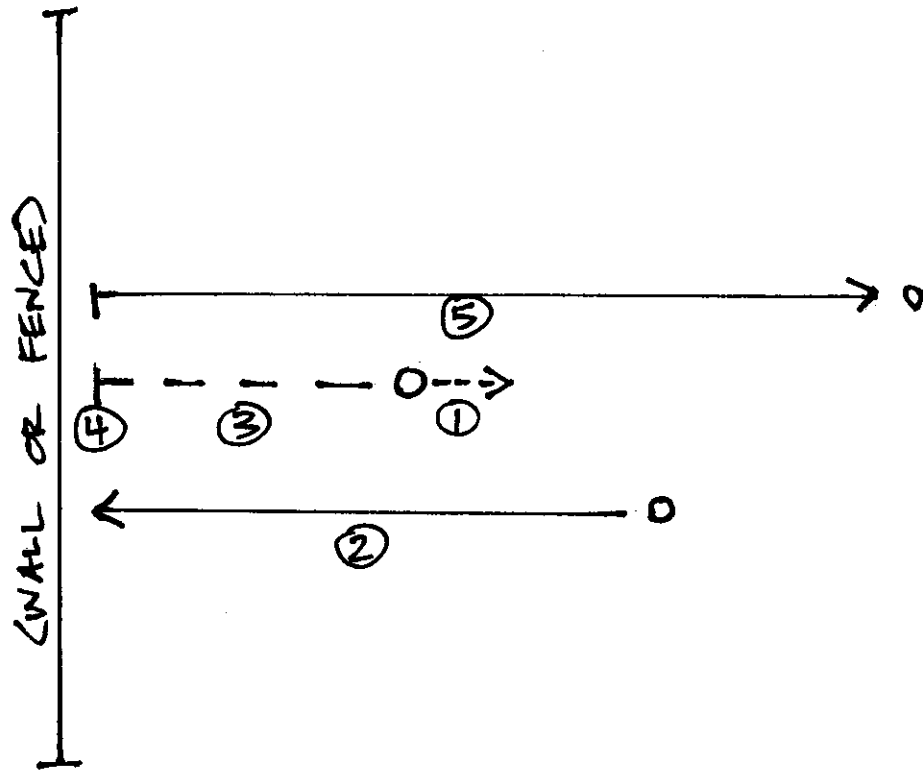


QUICK RELEASE DRILL



- ① PLAYER 1 STARTS IN READY POSITION FACING AWAY FROM FENCE
- ② PLAYER 2 TOSSES BALL TO FENCE
- ③ PLAYER 1 BREAKS TO FENCE
- ④ PLAYER 1 BAREHANDS DEAD BALL, ~~TURN~~ ALREADY IN POSITION TO MAKE QUICK THROW
- ⑤ PLAYER 1 THROWS TO PLAYER 3 W/ LITTLE OR NO STEP, NO DOUBLE CLUTCH

TARGETS:

- QUICK EXCHANGE FROM OF TO CUTOFF MAN