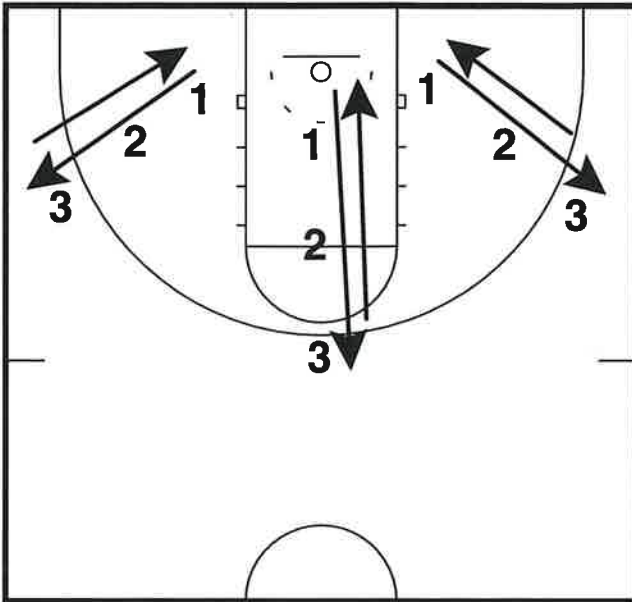
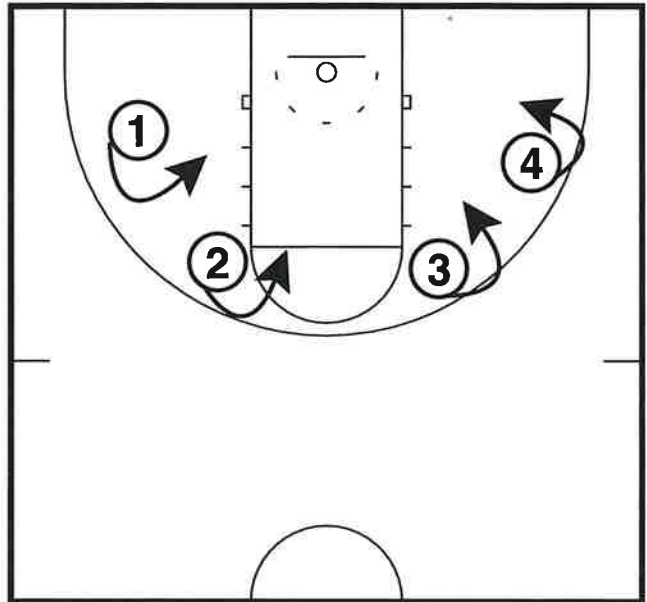


Bethel

SHOT BUILDER SERIES
INDIVIDUAL SKILLS



SHOT BUILDER SERIES
INDIVIDUAL SKILLS



SHOT BUILDER (MAKE 3 OF EACH)

1. No jump, finish on toes (tall)
2. Slight jump
3. ~~stop shot~~ Jump & shot

BALANCE SHOOTING

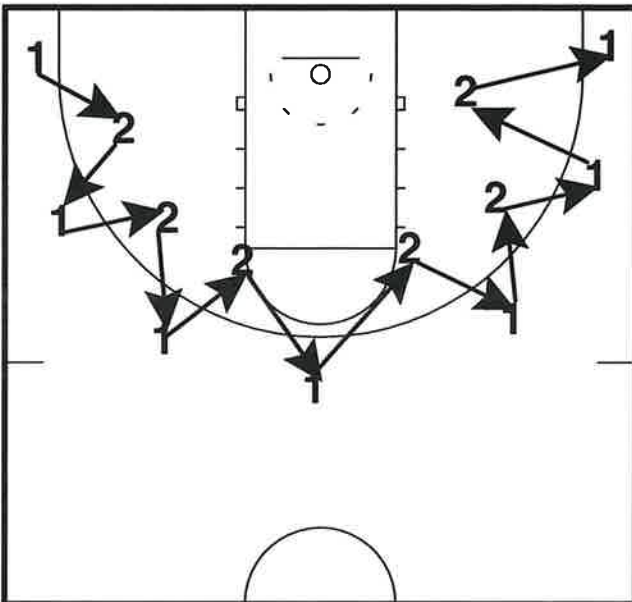
- FRONT TURN...2 PIVOTS
REVERSE TURN...2 PIVOTS

LEFT - RIGHT STEP IN

RIGHT - LEFT STEP IN

JUMP STOP

SHOT BUILDER SERIES
INDIVIDUAL SKILLS



W

AROUND THE ARC and back 3s and 2s make or miss move
Slide 3s or pull up/floater