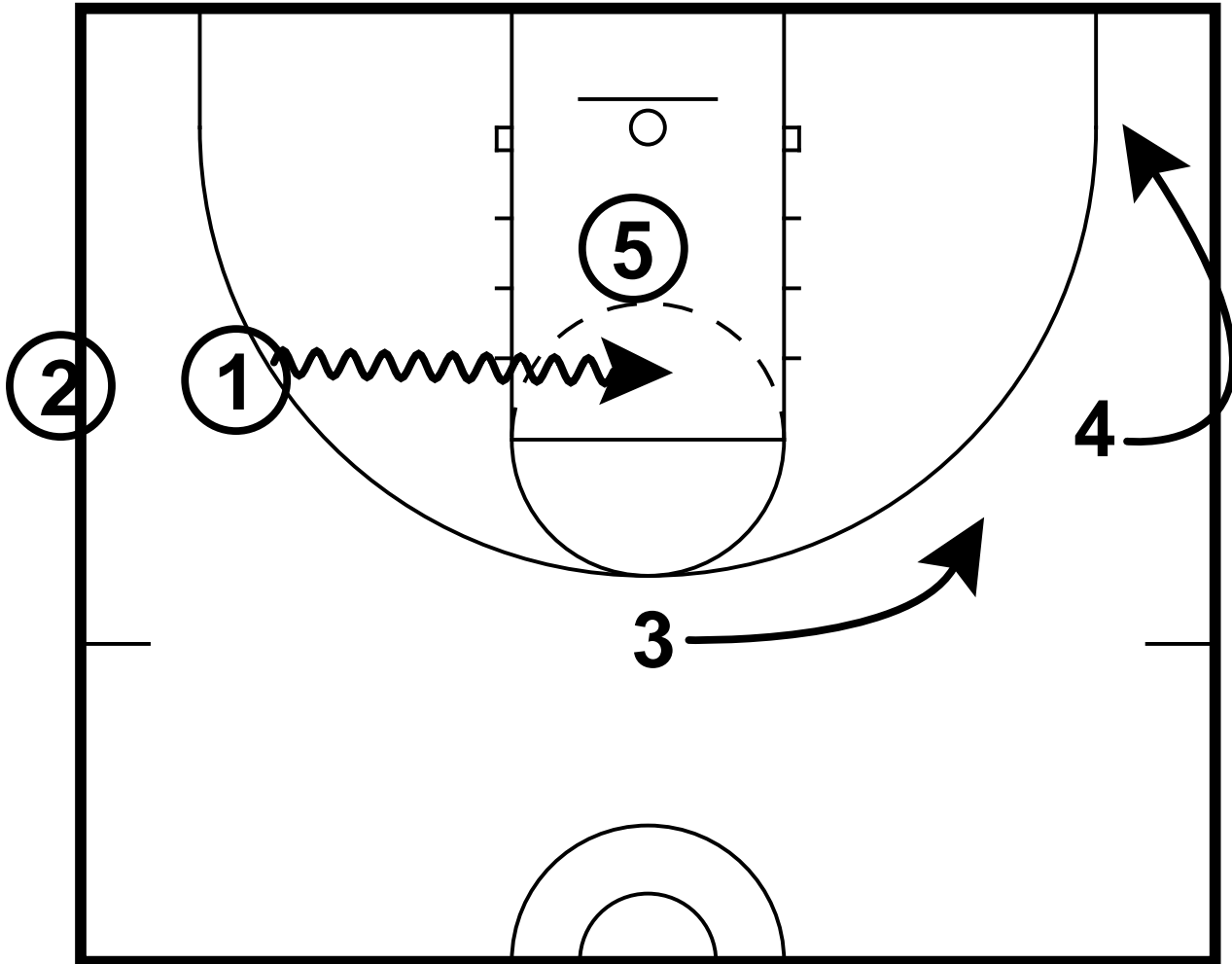
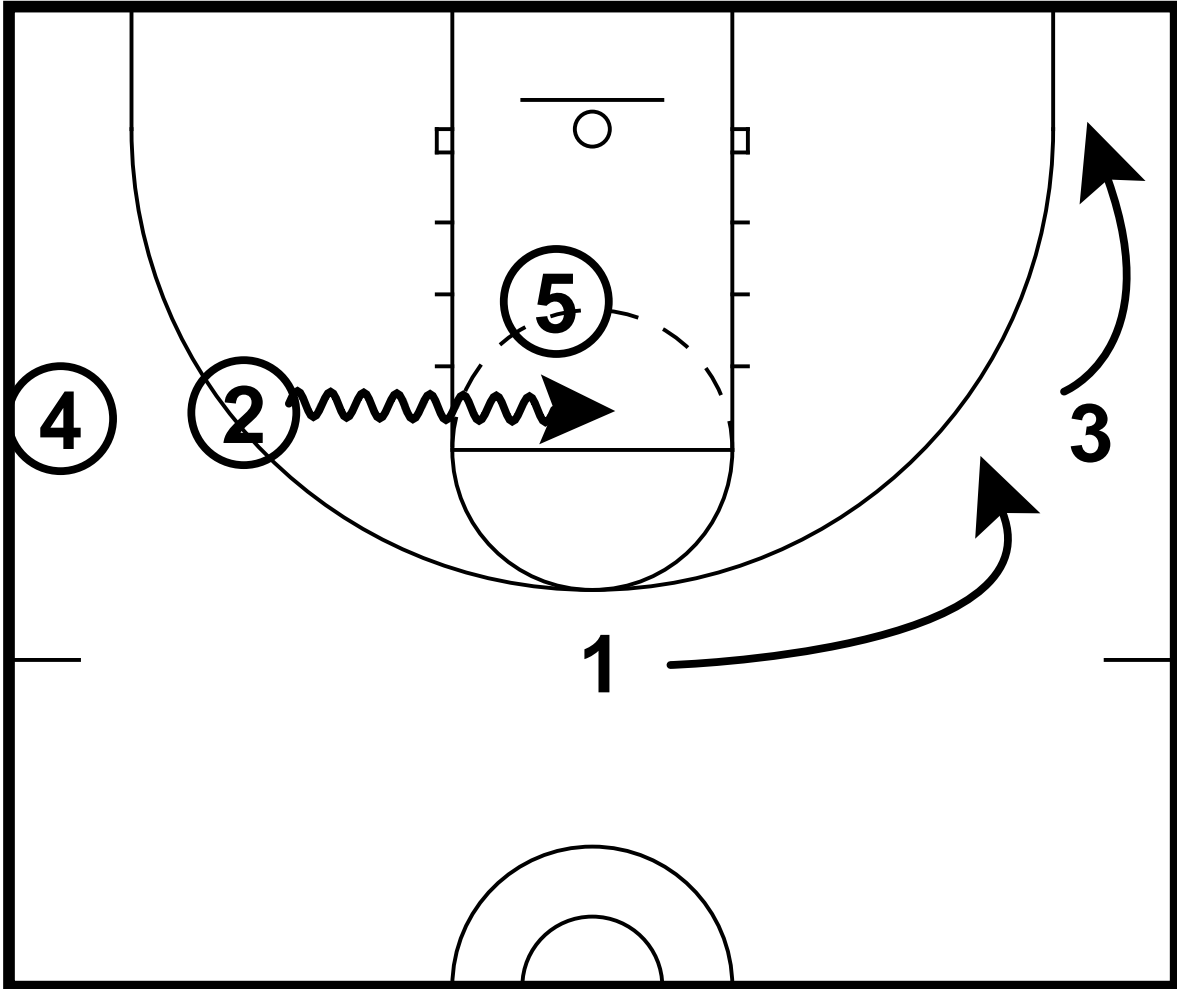


Penetrate and Kick Practice



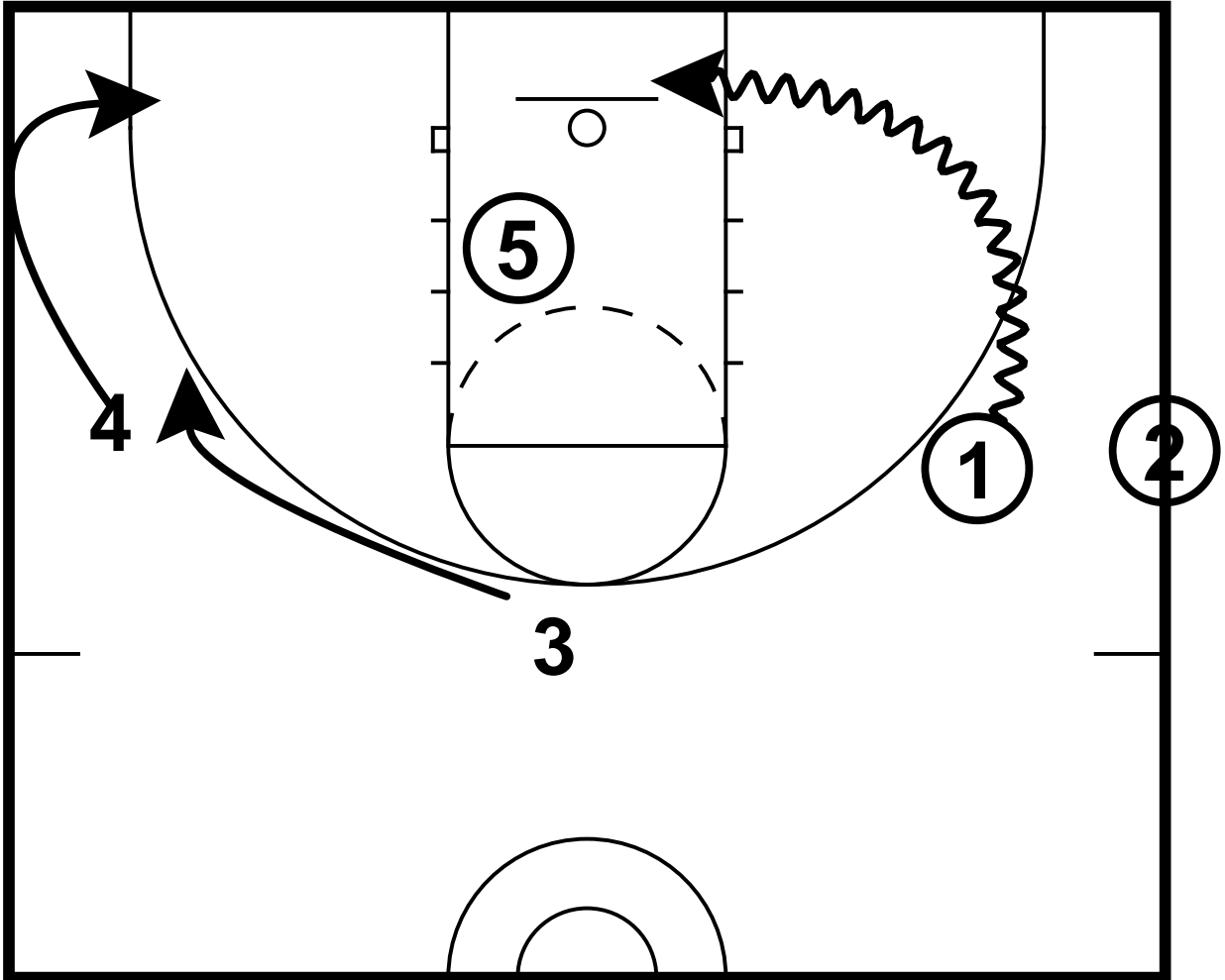
Player 1 will penetrate to the middle of the lane, jump-stop, and pass to player 3. As player 1 is penetrating 3 and 4 are moving without the ball. Player 4 is saying extra. Player 1 passes to 3 and 3 passes to 4 for the shot. Player 5 should be a coach and passes to 3 for a shot.

Penetrate and Kick Practice



Do this on both sides. Make 10 or 20 as a team.

Penetrate and Kick Practice



Player 1 will penetrate baseline, jump-stop, and pass to player 3. As player 1 is penetrating 3 and 4 are moving without the ball. Player 4 is saying extra. Player 1 passes to 3 and 3 passes to 4 for the shot. Player 5 should be a coach and passes to 3 for a shot