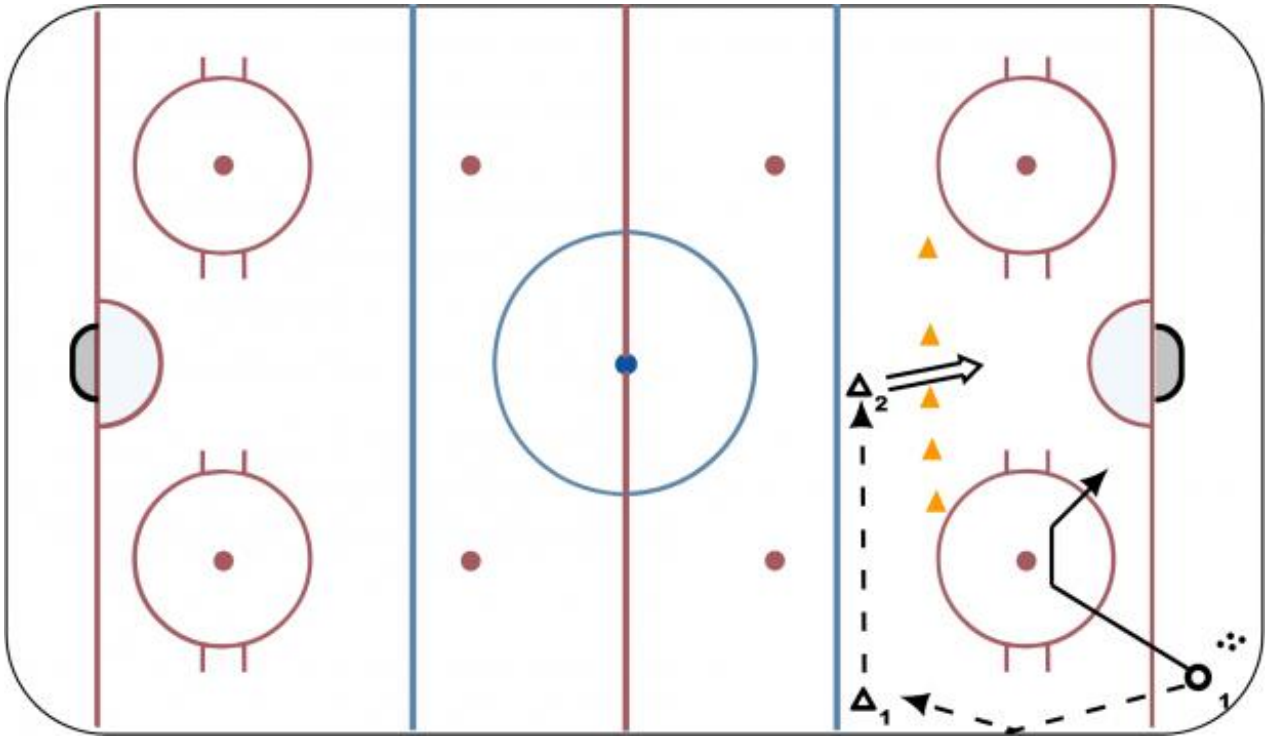
Quick Point Pass & Shot / Tip



Description

F1 makes a hard board pass up the wall to D1. F1 curls up and crashes the net looking for a tip/rebound. D1 passes to D2 quickly - D2 takes a quick shot on net through the cones/tires.

Notes: F1 can stay in front of net for the next group

Tags: -Quick Point Shots, -Tipping, -Screening, -Crashing the Net