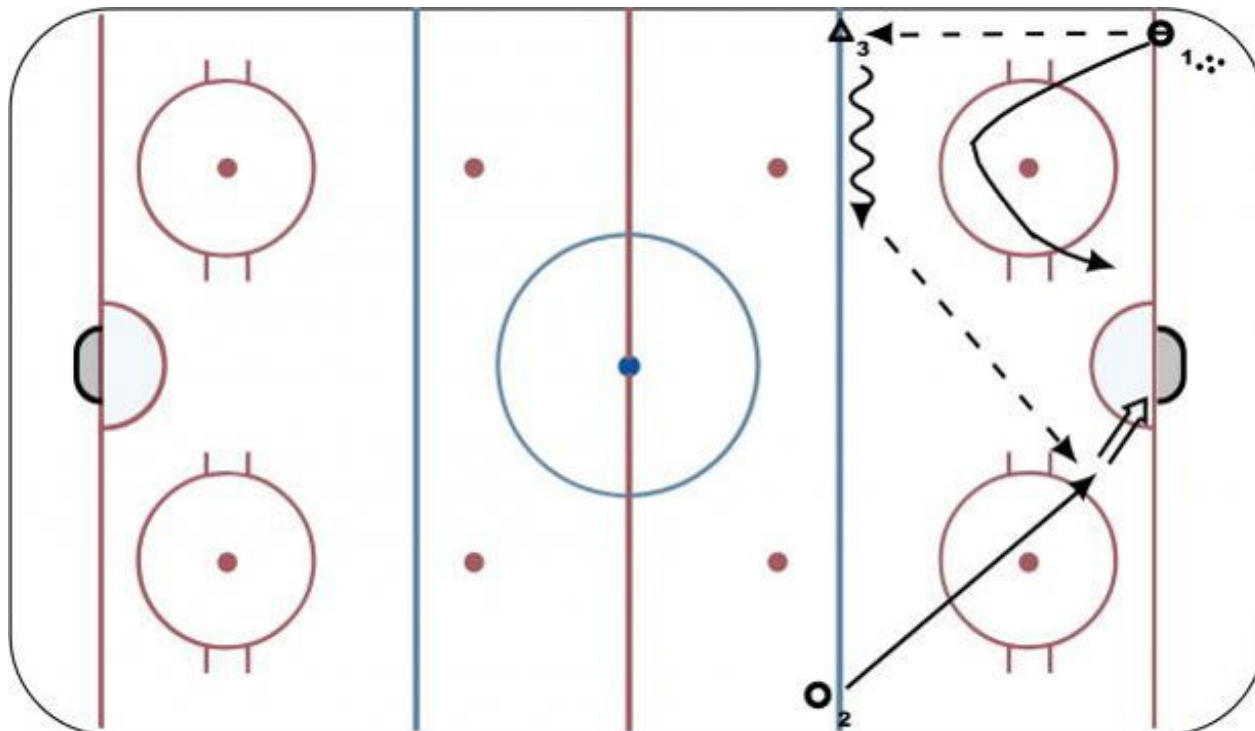


Backdoor Tip



Description

- 1 passes to 3
- 3 cuts to middle and puts a full strength shot/pass on 1 or 2's stick for a quick tip.
- 1 and 2 crash net for rebound

Notes: Add pressure on D as a progression

Tags: Tipping, Rebounds, D Heads Up