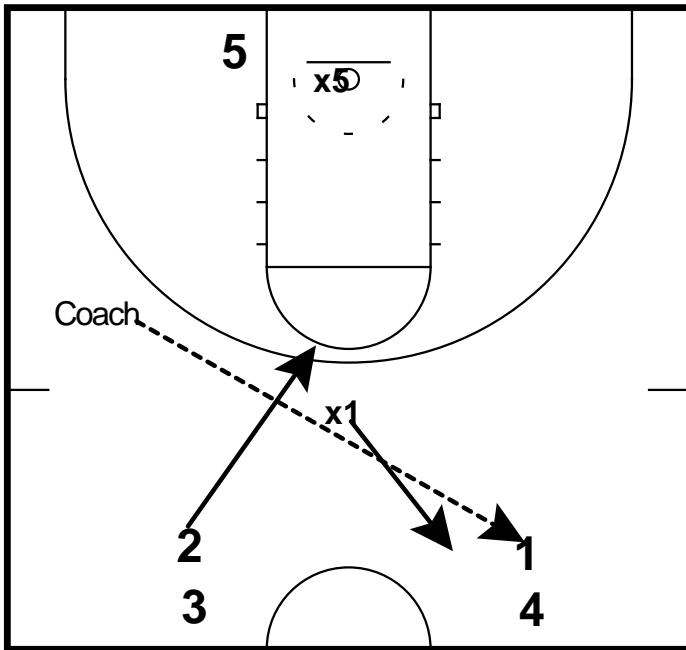


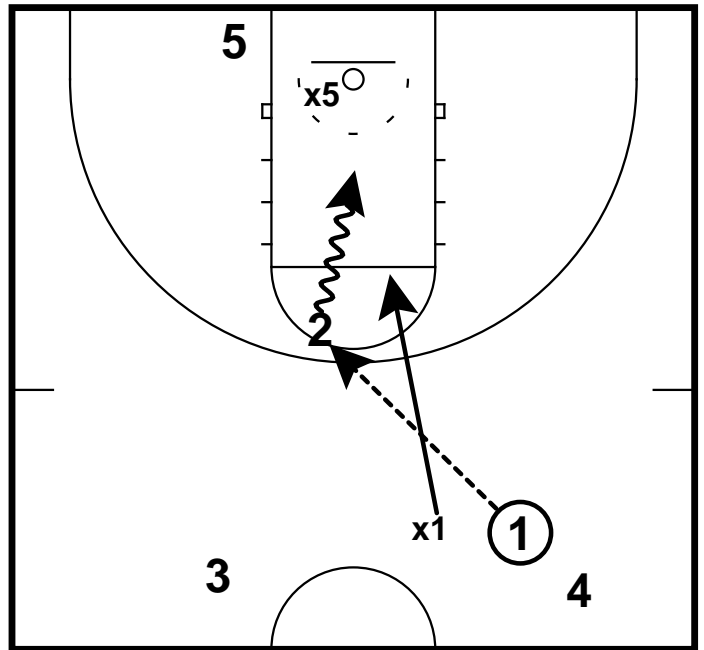
Bethel

CARDINAL
Team Offense



2 teams working in pairs with a post player
point for initial deflection
3 minutes

CARDINAL
Team Offense



x 1 goes for deflection (1 point) then pursues play
Quick outlet to coach for next teams attack