

Bethel

TUCK FINISHING INDIVIDUAL SKILLS

Corner

Wing Elbow X1 1

Top _____

Guard spot Guard spot

INDIVIDUAL SKILLS

The state of the state of

TUCK FINISHING

START WITH SHOOTING FOOT BACK (PERFECT BASE) STOP SHOT/ DEFENSE CANT MOVE UNTIL OFFENSE ADVANCES

Work different areas of the floor with defense on the inside/outside

START IN TUCK/ DIAGONAL