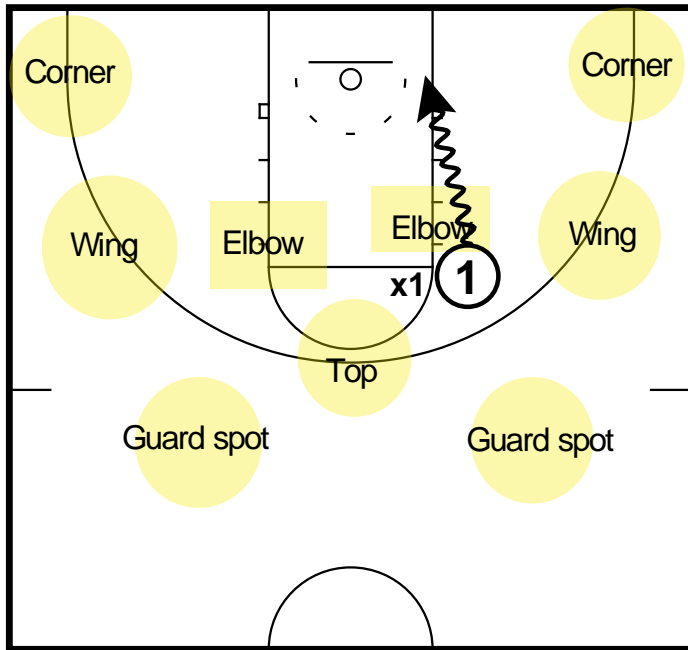
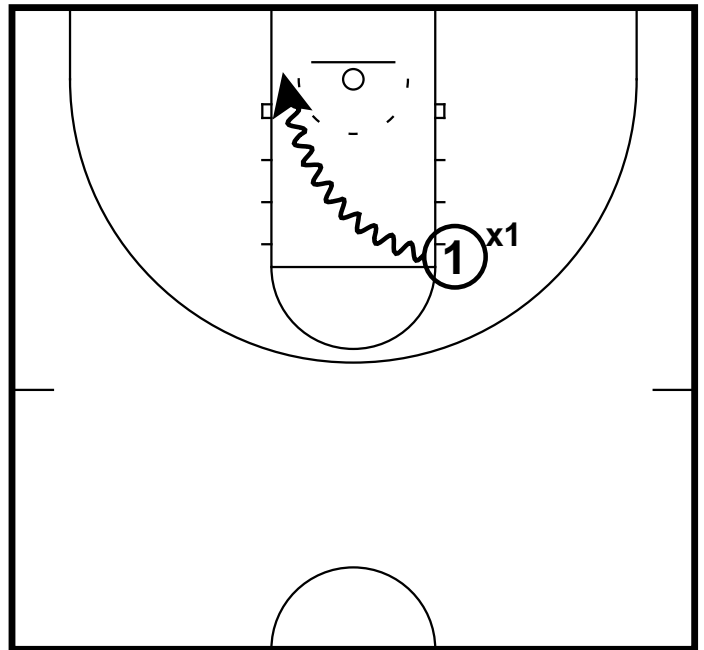


Bethel

TUCK FINISHING
INDIVIDUAL SKILLS



TUCK FINISHING
INDIVIDUAL SKILLS



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