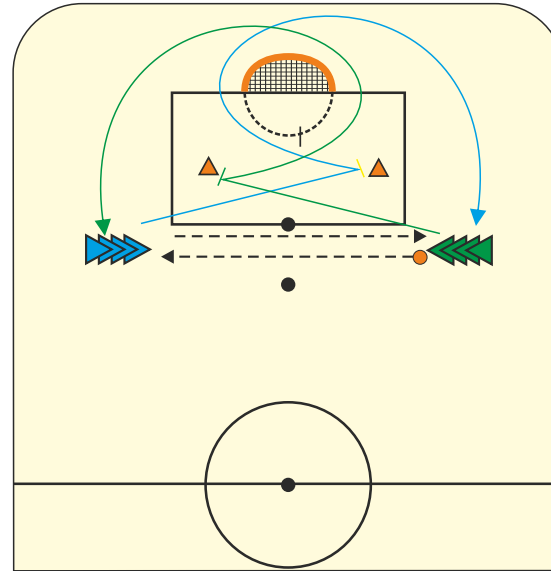
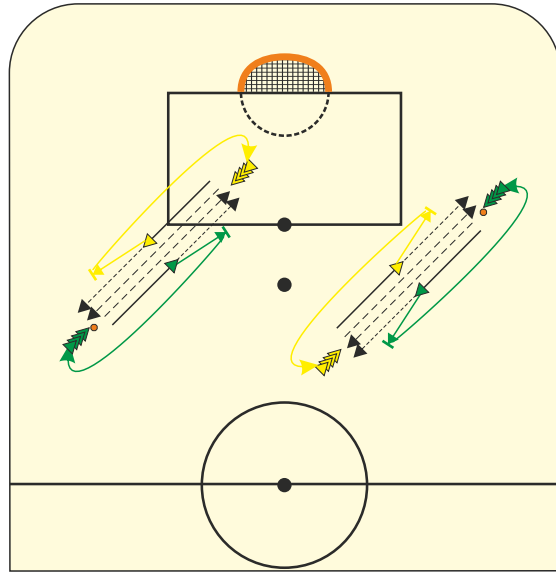
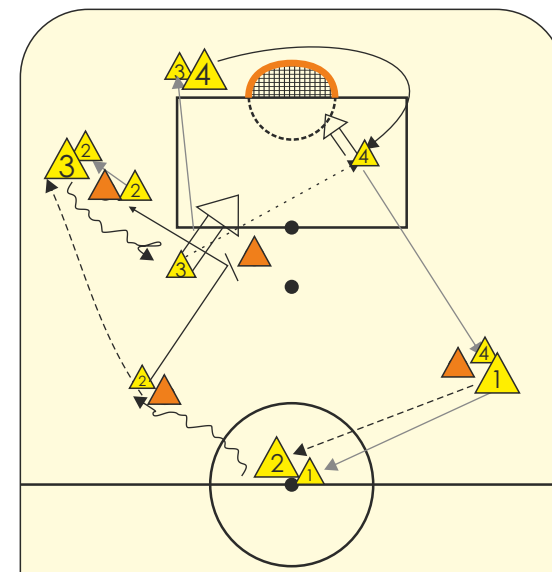
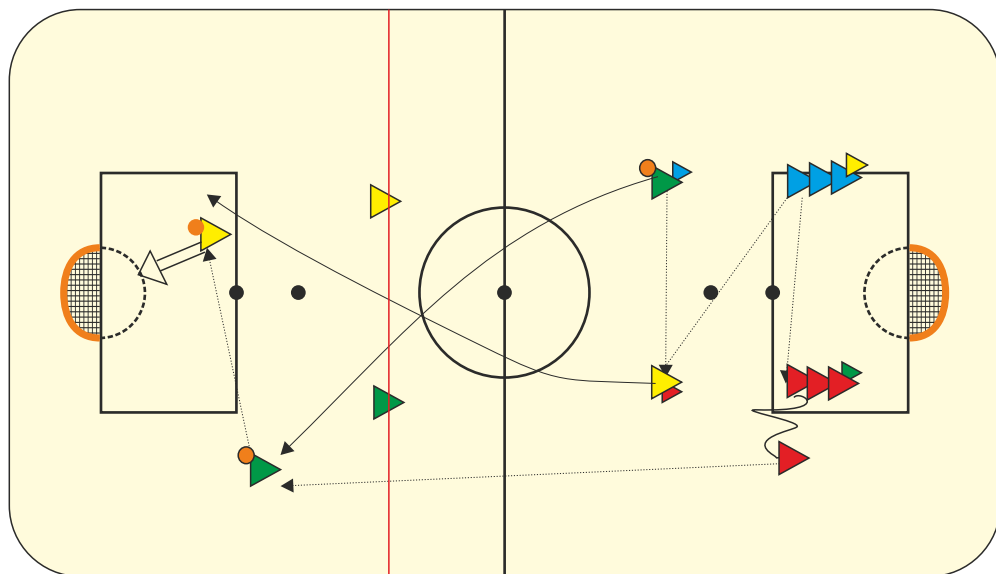


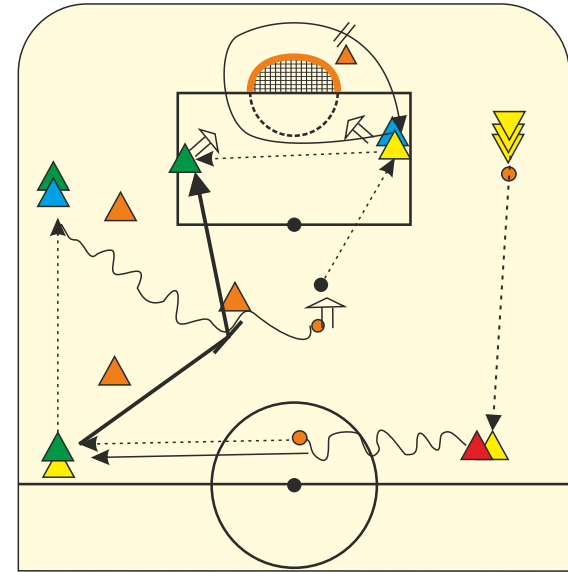
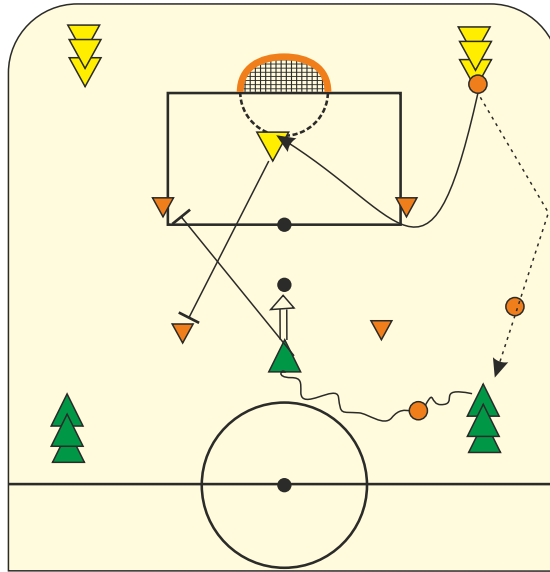
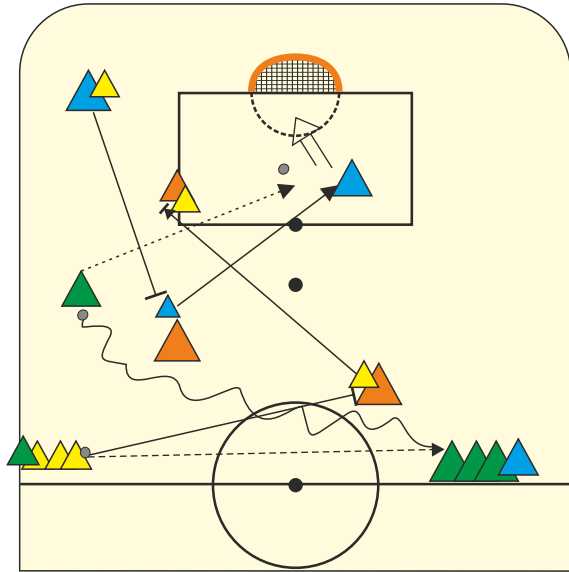
# GROUPS 1/2 • MONDAY • Pass Exercises



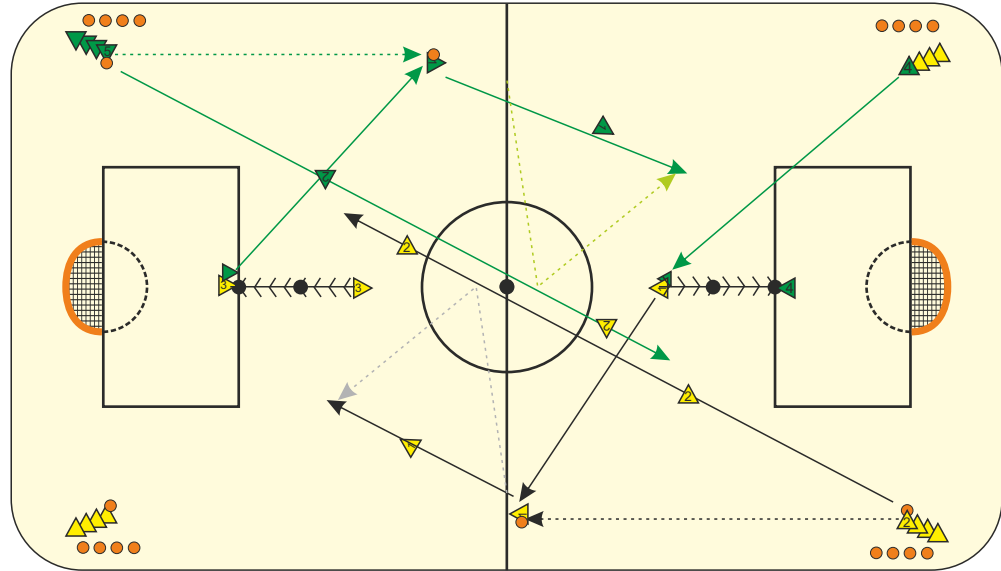
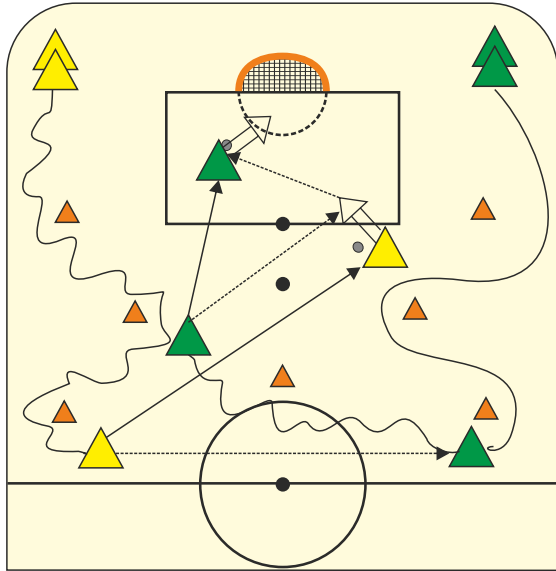
# GROUPS 1/2 • MONDAY • Screen Finalization Exercise & Transition 2x0 Exercise



# GROUPS 1/2 • MONDAY • Pass/Screen With Finalization Exercises



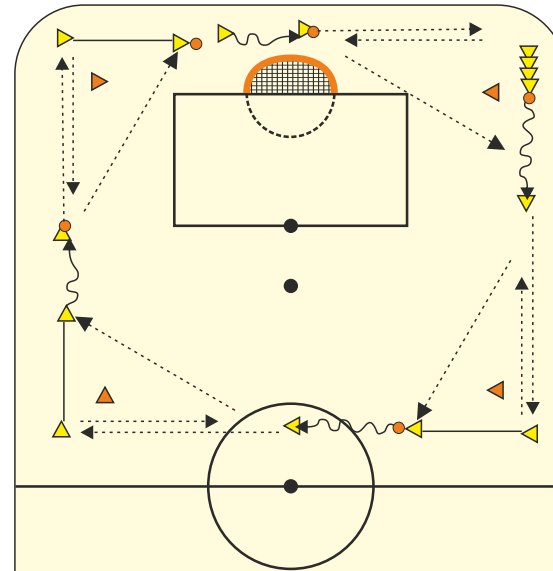
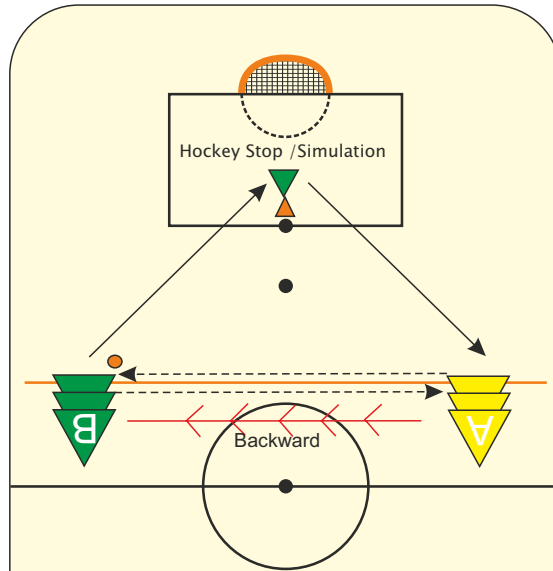
# GROUPS 1/2 • MONDAY • 2x0 Finalization Exercise & 2x1 Up/Down



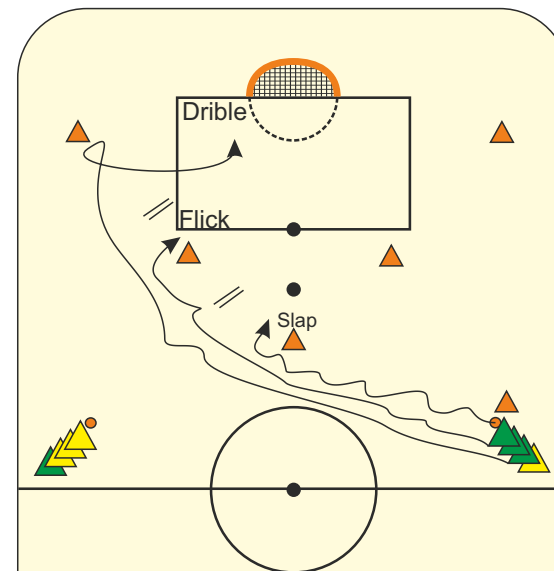
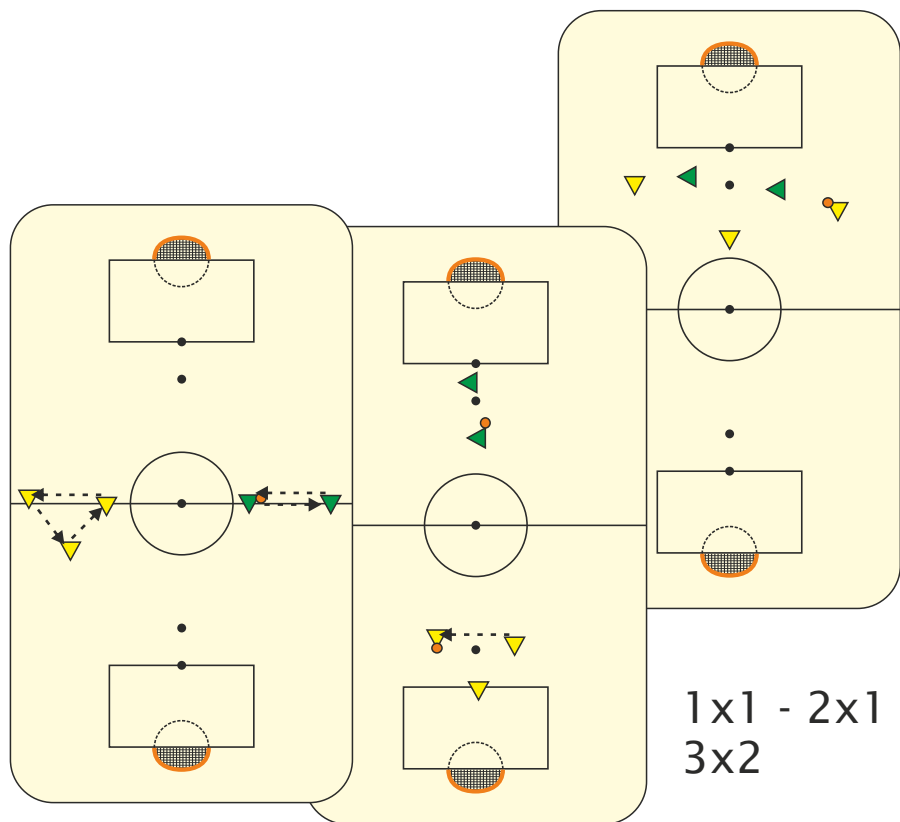
2x1 UP/DOWN



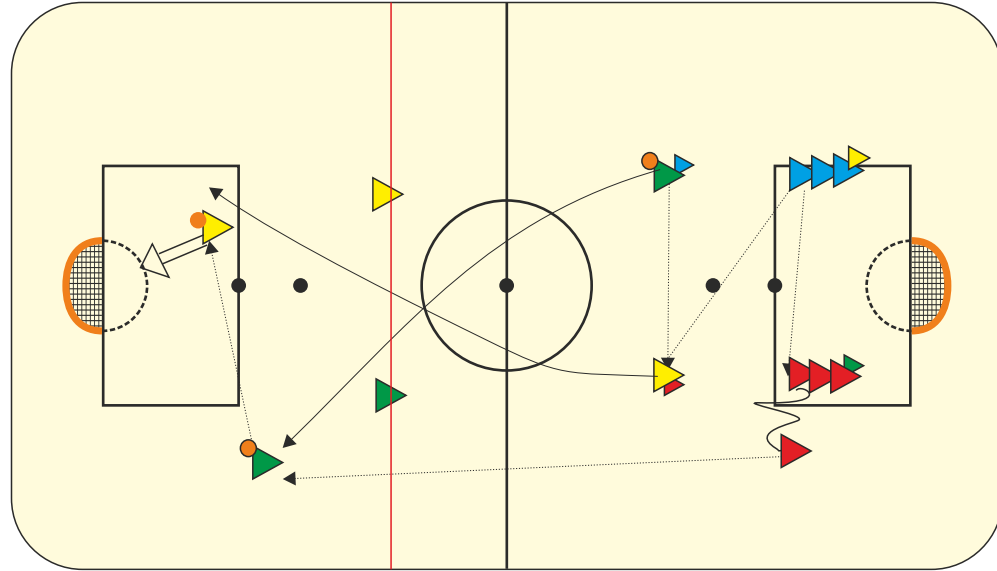
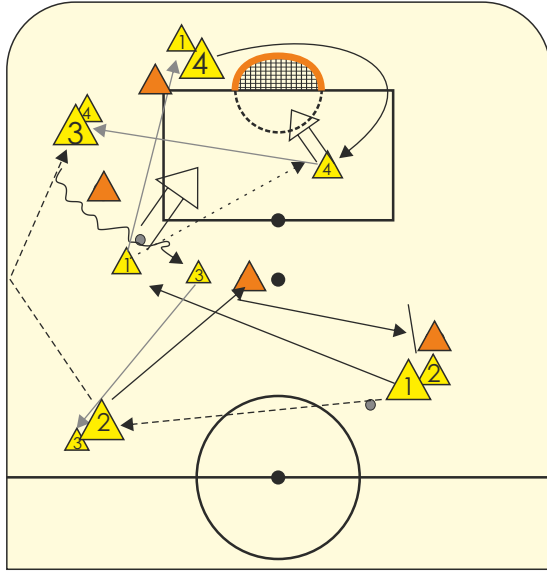
# GROUPS 3/4 • MONDAY • Pass Exercises



# GROUPS 3/4 • MONDAY • 1x1 - 2X1 - 3x2 Exercise & Shoots



# GROUPS 3/4 • MONDAY • Screen Finalization Exercise & Transition 2x0 Exercise



# GROUPS 3/4 • MONDAY • Screen Finalization Exercise & 2x1 Up/Down

