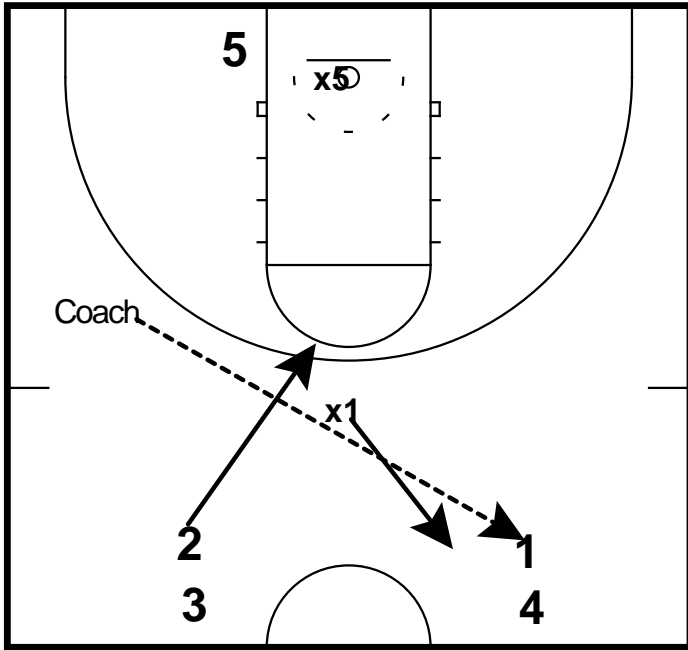
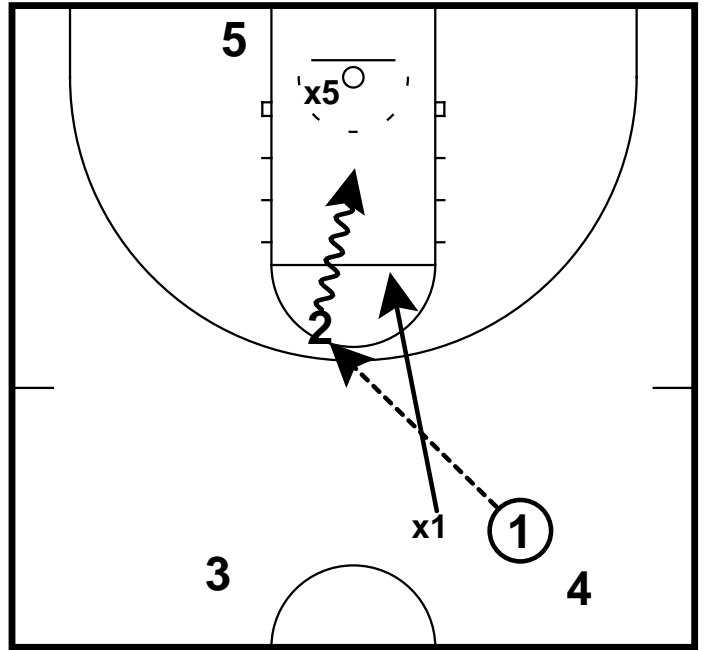


CARDINAL  
Team Offense



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