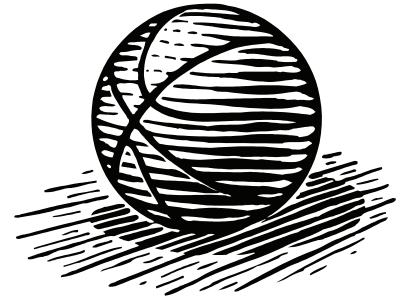


Name _____

FUNDAMENTALS

“ FootWork & Passing ”



Leopard Defends

Step-slide defend
V-cut zig-zag offense

Leopard Passes Step and Flick pass

Leopard Defends run-slide-run

Leopard Passes Baseball Pass

Leopard Defends run-turn backwards back-pedal

Leopard Attacks- Passes Q - start, drive, Q-stop front pivot- flick pass

Leopard Passes Principles: step into, snap pass, hands ready, meet the pass

Leopard Attacks- Passes Q - start, drive, Q-stop reverse pivot- bounce pass

Leopard Passes Flick pass - chest left / right

Leopard Attacks- Passes Q - start, crossover, Q-stop front pivot- chest pass

Leopard passes Flick pass - bounce left / right

Leopard Attacks- Passes Q - start, crossover, Q-stop reverse pivot- overhead pass

Leopard Passes Two hand Chest pass

Man - In - The - Middle

Leopard Passes OverHead

Pass & V- Cut 2 player on elbows