

1 Offense 1



Direct

Stretch



1 Defense 1

2 Offense 2



Sweep Wide

Full Block



2 Defense 2

3 Offense 3



Hesitate

All Out



3 Defense 3

1 Offense 1



Sprint

Zen



1 Defense 1

2 Offense 2



Aim High

Protect Middle



2 Defense 2

3 Offense 3



Distraction

Fill Space



3 Defense 3

1 Offense 1



High Step

Low Block



1 Defense 1

2 Offense 2



Fake Left

Dive



2 Defense 2

3 Offense 3





















Fake

Slide



3 Defense 3

1	Offense	1	1	Offense	1	1	Offense	1
		Direct			Sprint			High Step
	Stretch			Zen			Low Block	
1	Defense	1	1	Defense	1	1	Defense	1
2	Offense	2	2	Offense	2	2	Offense	2
		Sweep Wide			Aim High			Fake Left
	Full Block			Protect Middle			Dive	
2	Defense	2	2	Defense	2	2	Defense	2
3	Offense	3	3	Offense	3	3	Offense	3
		Hesitate			Distraction			Fake
	All Out			Fill Space			Slide	
3	Defense	3	3	Defense	3	3	Defense	3