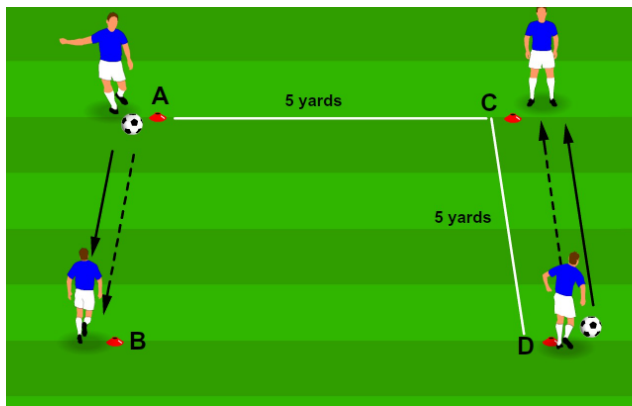




Pre-Game Warm Up

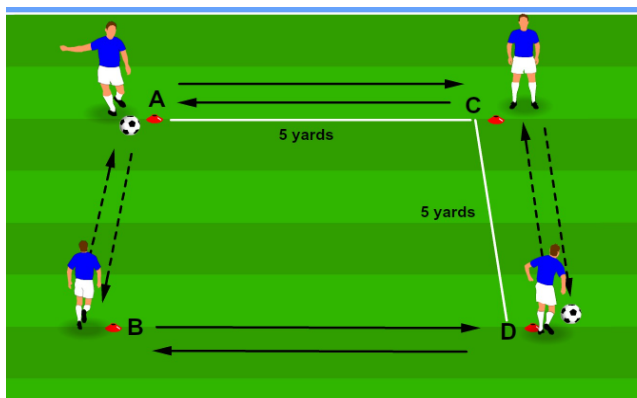


Path of the Ball

- Ball moves across
- **A to B**
- **C to D**

Path of the Players

- Players rotate across
- **A to B**
- **C to D**

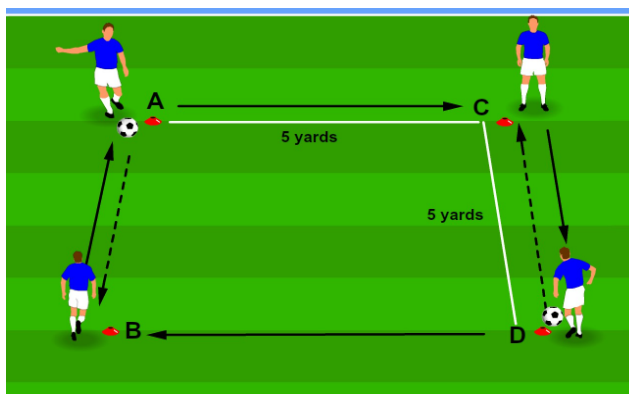


Path of the Ball

- Ball moves across
- **A to B**
- **C to D**

Path of the Players

- Players rotate side to side
- **A to C**
- **B to D**

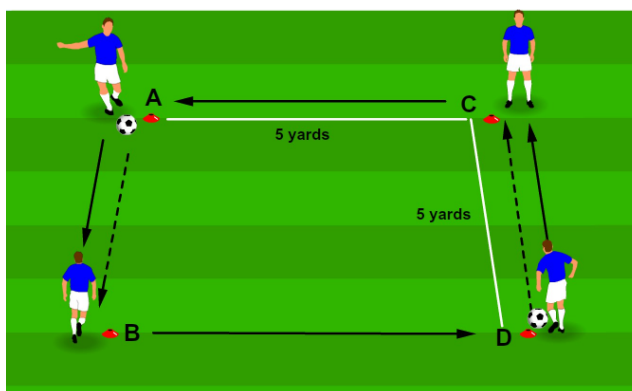


Path of the Ball

- Ball moves across
- **A to B**
- **C to D**

Path of the Players

- Players rotate clockwise
- **A to C to D to B**



Path of the Ball

- Ball moves across
- **A to B**
- **C to D**

Path of the Players

- Players rotate counter-clockwise
- **A to B to D to C**