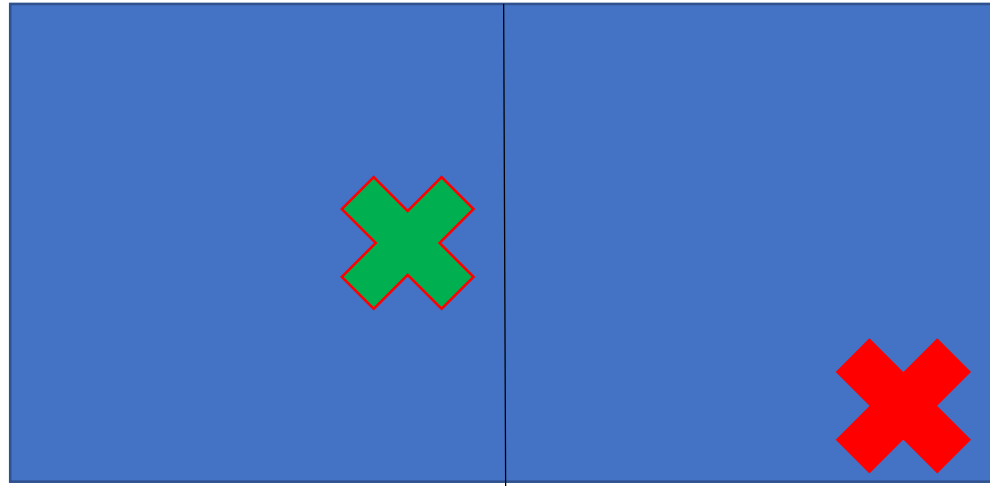
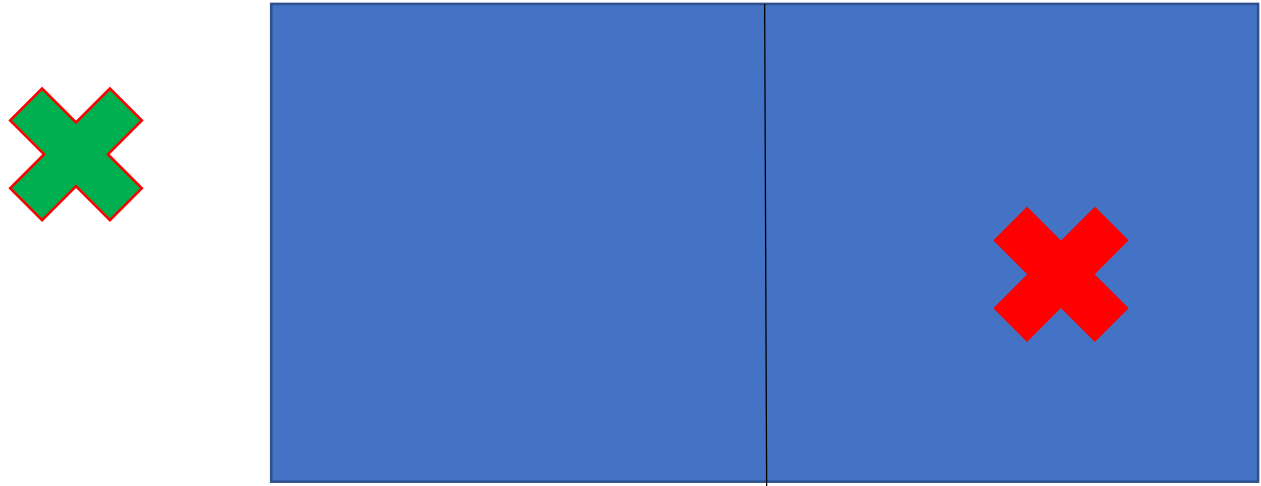


Q and A Worksheet

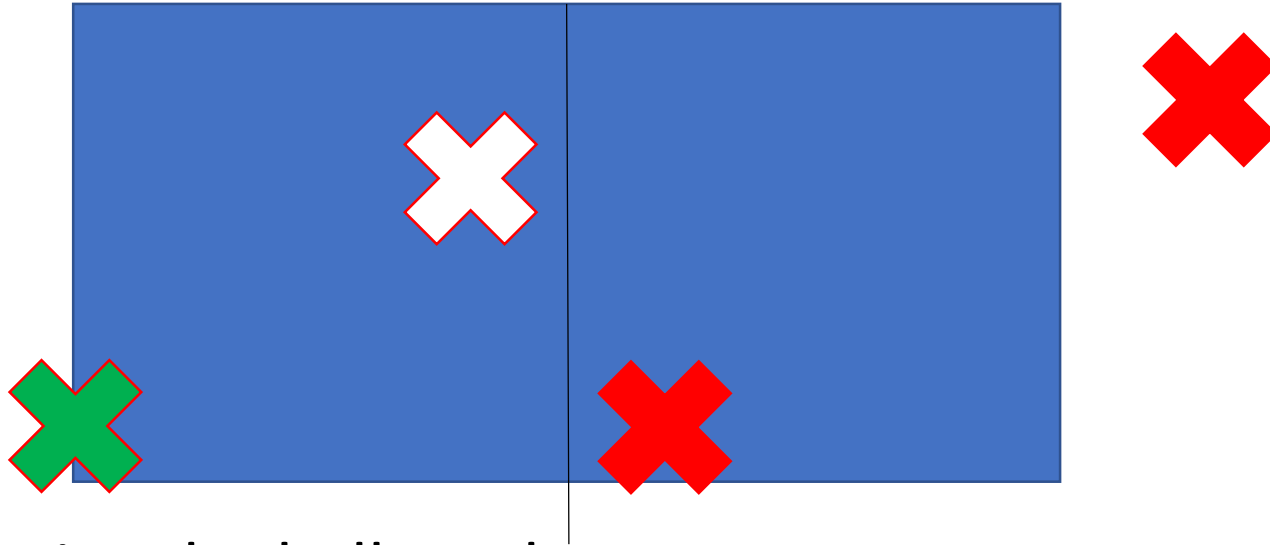
Defensive shots are slower shots used to regain a good base position. What are 3 ways to play a slower, defensive shot?



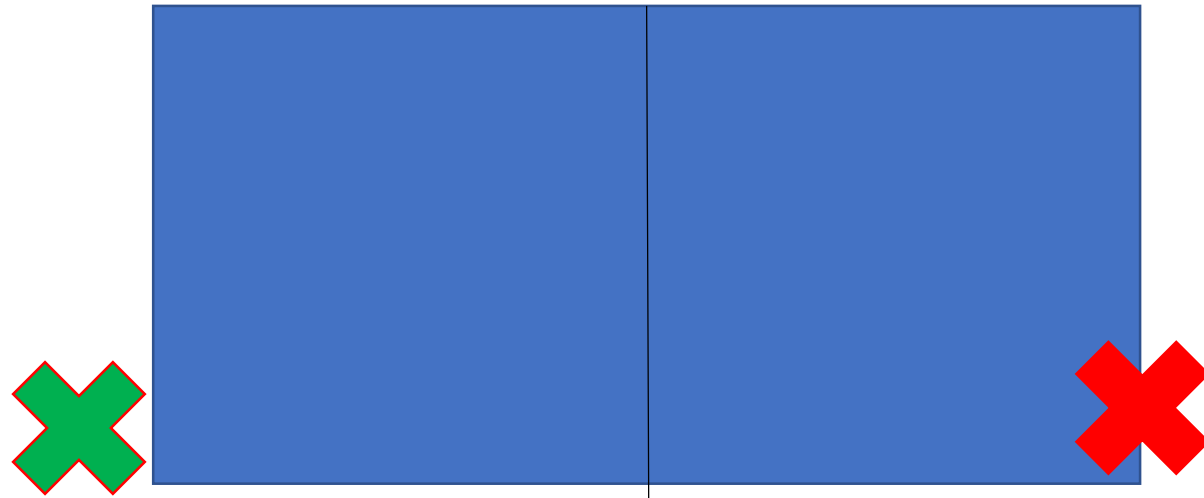
- You receive the ball on the green X, your opponent is the red X, what shots would you consider playing?



- You receive the ball on the green X, your opponent is the red X, what shots would you consider playing?



- You receive the ball on the green X, your team mate is the white X, your opponents are the red Xs, what shot or pass would you consider playing?



- You are off balance and receive the ball on the green X, your opponent is the red X, what shots would you consider playing?