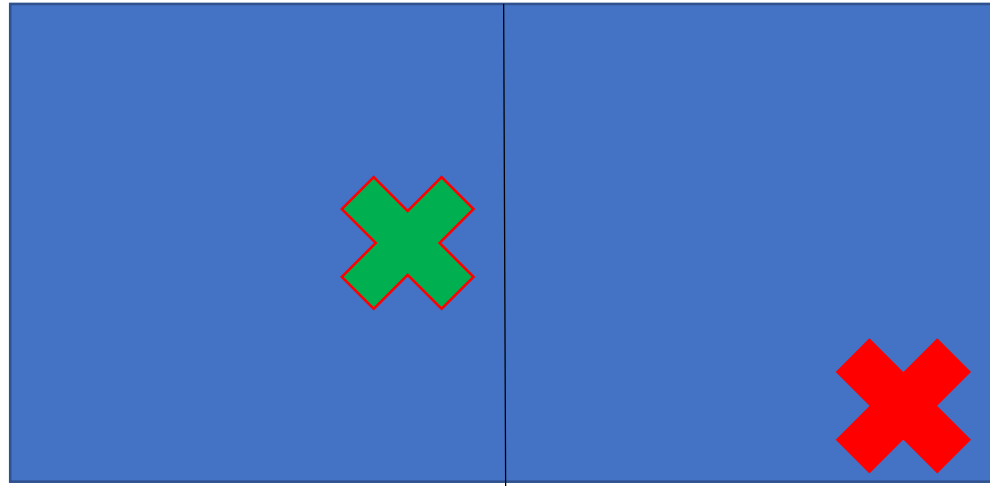
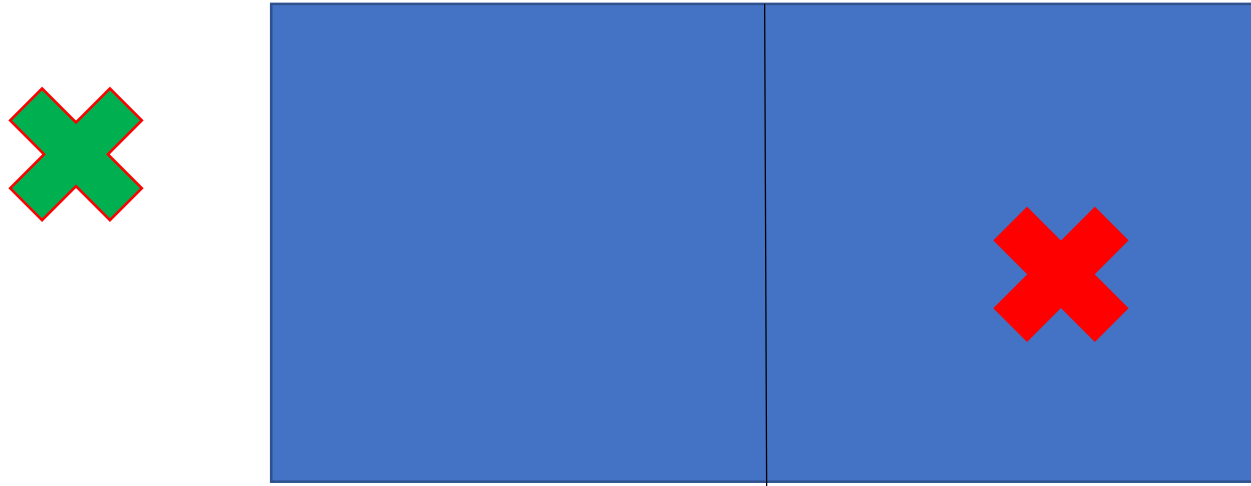


Q and A Worksheet

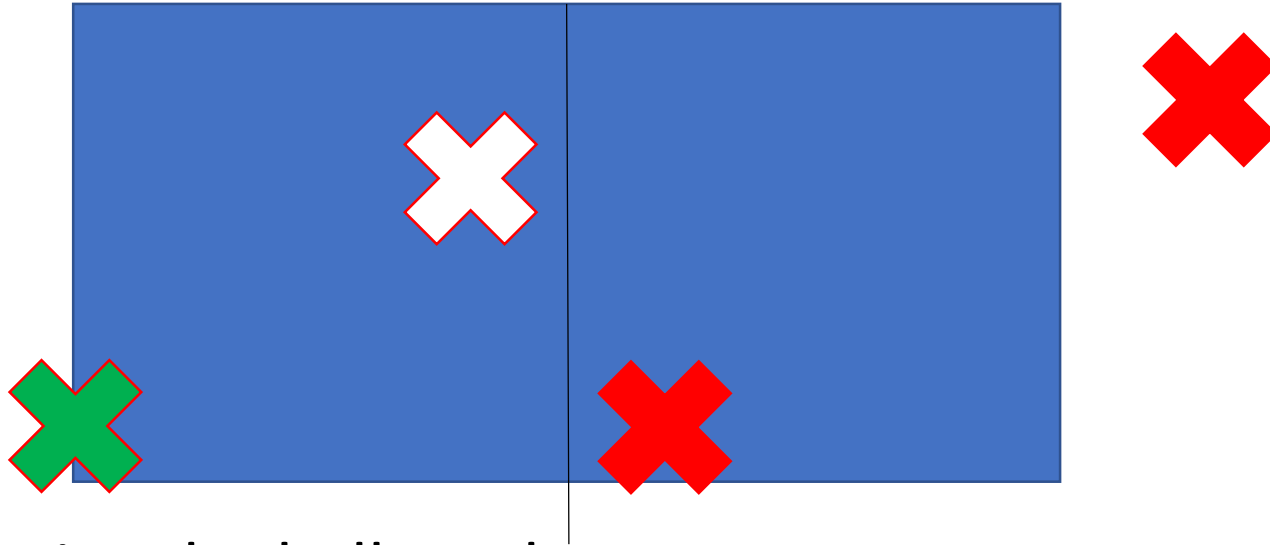
Defensive shots are slower shots used to regain a good base position. What are 3 ways to play a slower, defensive shot?



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



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



- 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 and why?



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