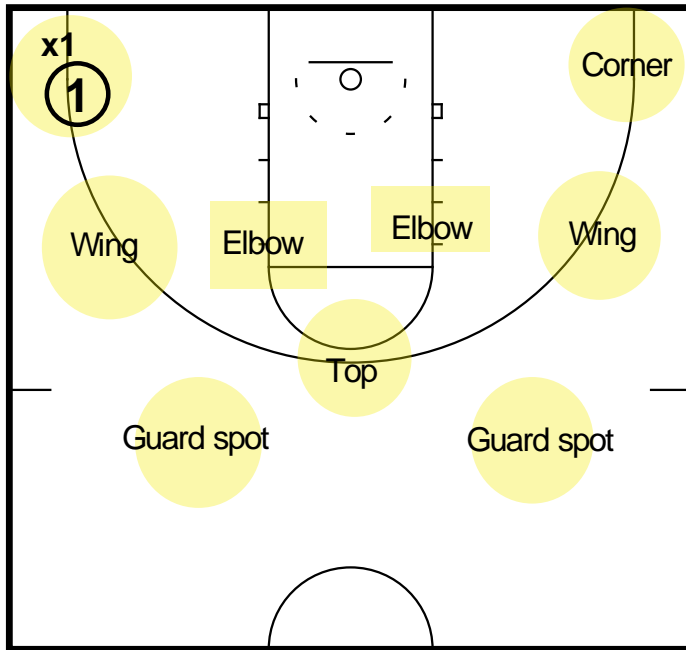
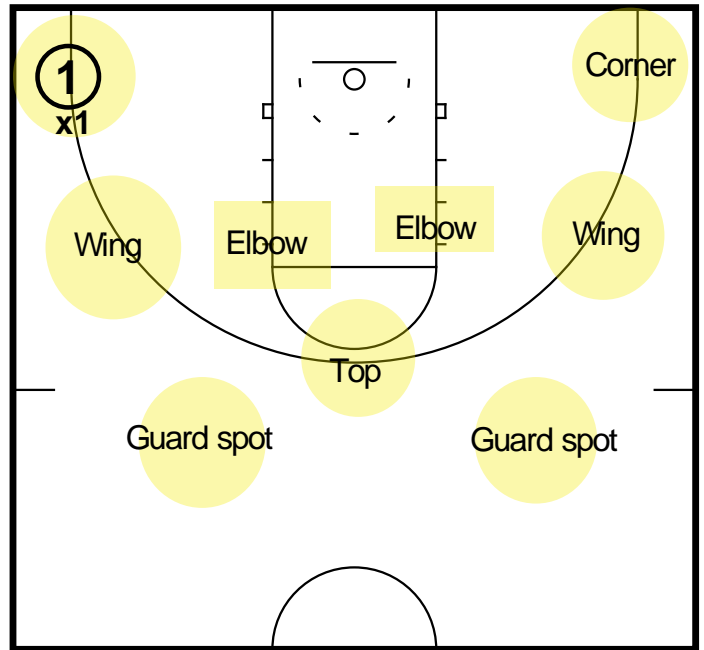


# Bethel

POUND ADVANTAGE  
INDIVIDUAL SKILLS



POUND ADVANTAGE  
INDIVIDUAL SKILLS



**POUND ADVANTAGE**

- 1 pounds ball with perfect base/ eyes on rim
- 1 makes an explosion dribble trying to get to the rim
- X1 applies pressure to 1s hip, trying to knock him off balance
- X1 can't move until 1 advances

Same drill with defense on the other hip