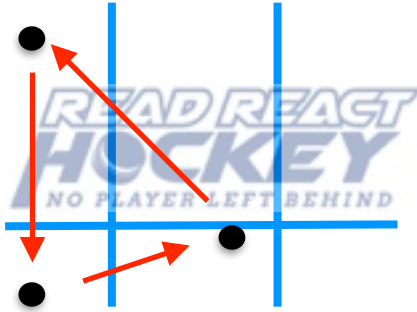


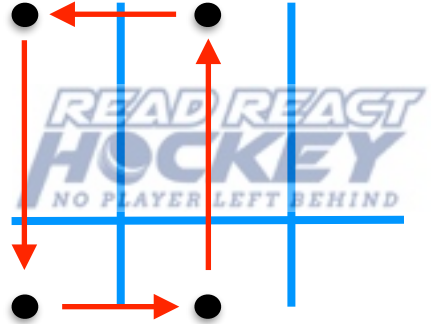
## Pull Through Homework

Each exercise should be done in sets of 10, then move immediately to the next exercise. Perform this circuit 3 times daily. (All drills are presented as a Left handed shot)

### 1. Pull Kick Up



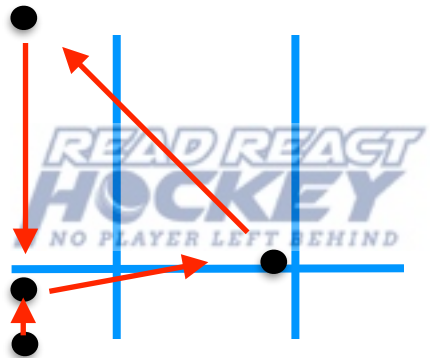
### 2. Pull No Kick



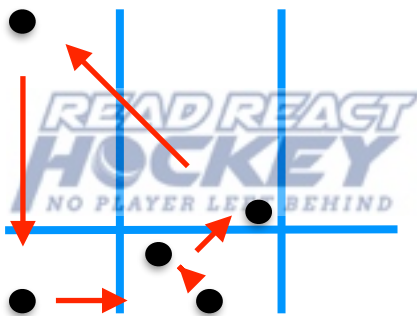
### 3. Pull Around



### 4. Backhand Tap Kick Up



### 5. Backhand Tap No Kick



### 6. Backhand Tap Around

