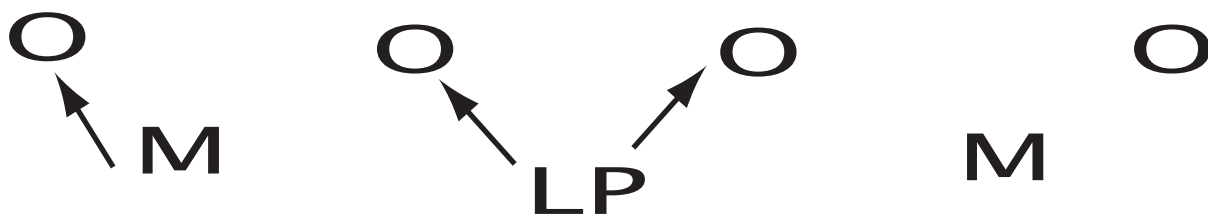
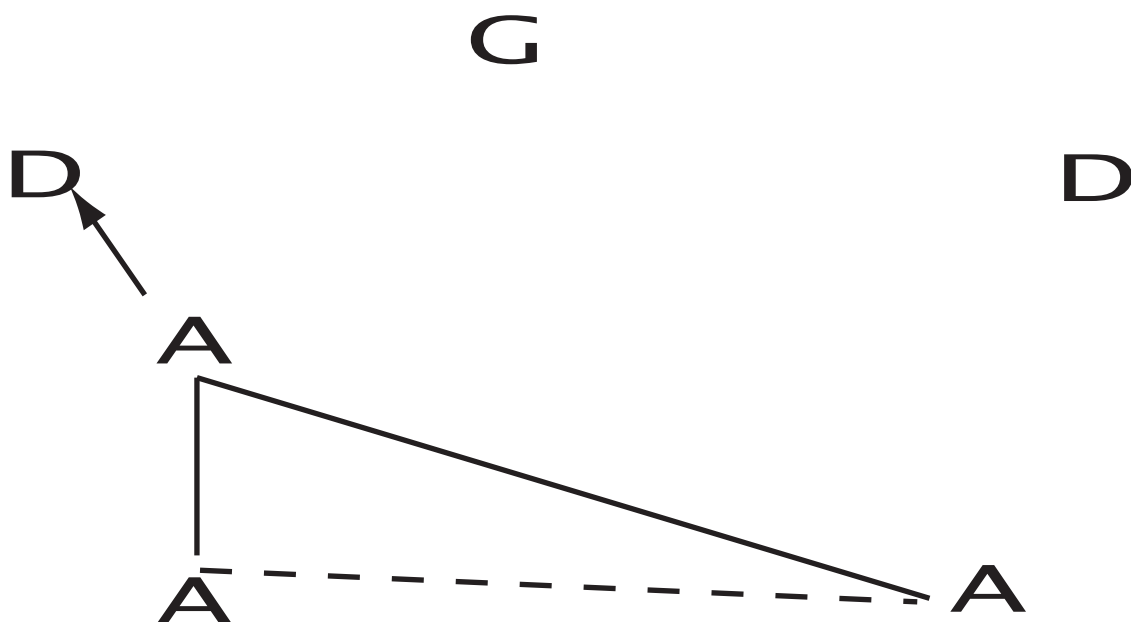


1 - Down Ride - Settled



- Rotating Triangle.
- Force the ball to change fields as much as possible.
- Midfield “sluffs and splits”.
- 3 across midline.
- Long pole in the middle.