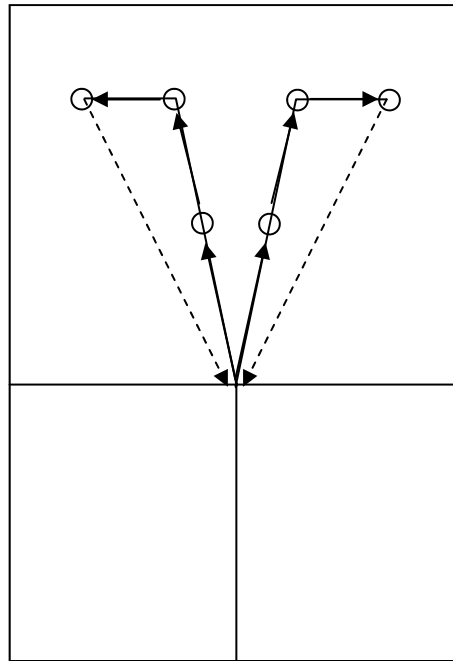
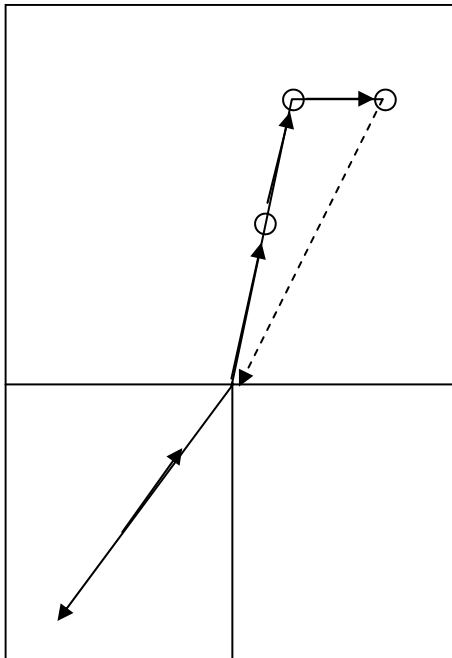


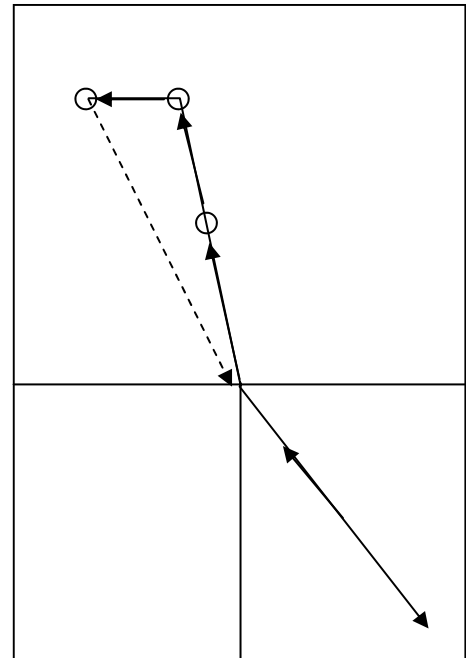
Muscle Memory Patterns



Player takes 3 steps forward, positions for shot. Plays shot, returns to 'T'. Repeat on opposite side.



Player takes 3 steps forward, positions for shot. Plays shot, returns to 'T'. Takes 3 steps to back, positions for shot, plays shot, returns to 'T'. Repeat.



Player takes 3 steps forward, positions for shot. Plays shot, returns to 'T'. Takes 3 steps to back, positions for shot, plays shot, returns to 'T'. Repeat.