

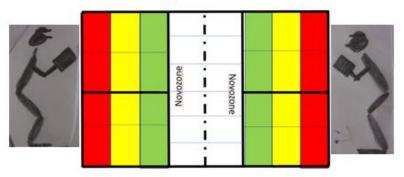




## **Serious Drill**

The goal of serious drill is to guide you on selected drill routines to improve your skill shots, Zone mgmt and strategy play book. It requires focus, discipline and patience

## **Group Practice**



Join a group to practice specific routines and establish a defined point mgmt pathway to a pro-active situation mode

Defense / Neutral / Offense.