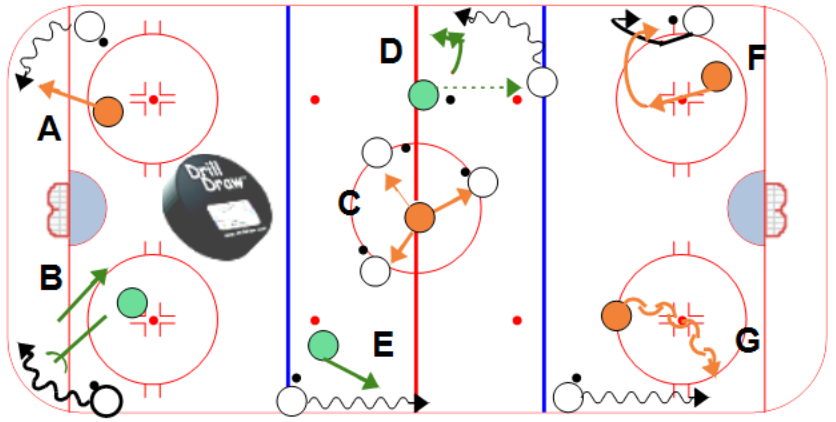


Description

Defensive players

7 different workshops;

- A) "Pin"
- B) "Hit and Run"
- C) Poke check
- D) Hook grip
- E) Pick-up
- F) "Hit" (hip)
- G) "Pin"



Key points :

Timing

Positioning