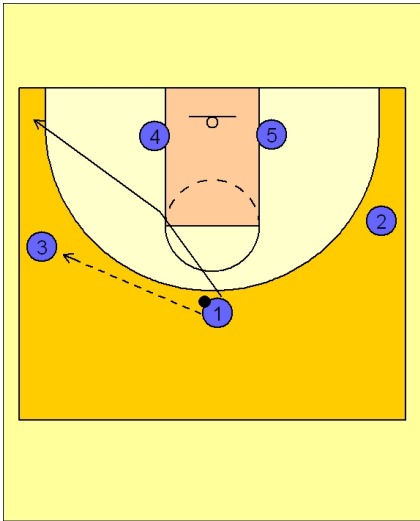




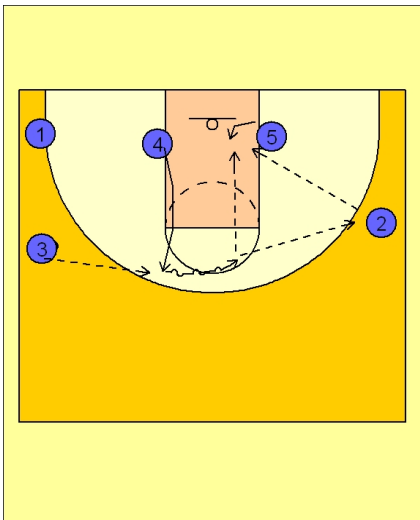
Quick hitter (5)



Tennessee Women Quick Hitter

3 out / 2 in set to begin.

#1 enters to either wing player. Here #1 passes to #3 on the left wing and cuts to the ball side corner.



Tennessee Women Quick Hitter

#4 moves up to the FT line elbow area to receive the next pass from #3.

#4 looks to center the ball on the dribble while #5 ducks in the post looking for the post entry pass from #4.

When #5 ducks in the lane, #5's defender is forced to play on the high side of #5. This move will create a great seal move as the ball is then passed to #2 on the right wing. #5 will now have a better opportunity to catch the ball on the low block with her defender trapped behind her and in a much lower position.