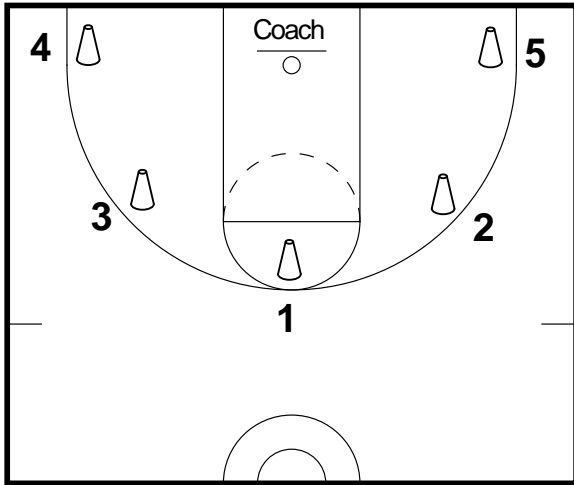
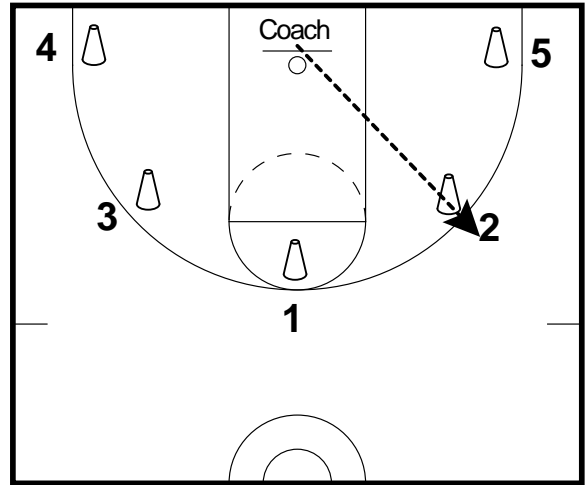


5 Out Circle Movement Trainer

Frame 1



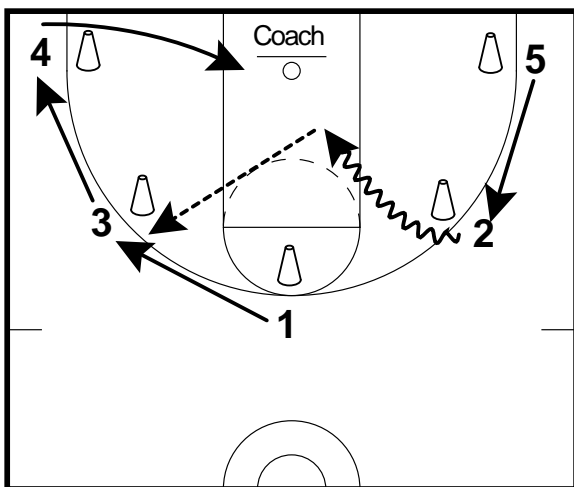
Frame 2



Players in 5 out spots. Coach with a ball under the basket. Cones in front of all 5 spots as defenders.

Coach will pass the ball to any player.

Frame 3



Player will drive to the basket and all players must circle accordingly. Dribbler will pass to someone for a shot.