Title :	Quick Up Option	Category #1 :	Canadian POE	Category #2 :	Defense
	<u>De</u>	<u>scription</u>		<b>@</b> @	
D1 pas D2 spo D1 pas from D	ites to the BL, then back perses to D2 and repeats the bases to D2 and repeats the bases to D2 again, this time E2.  ks the BL and shoots.	Up and Back. Iline for the second rotation	1.		
Key p	oints:			<b>@</b>	