












	Zone 1	Zone 3	Zone 5	Zone 6	Zone 7
Tempo 3	<b>Slow Shoot</b> 	<b>3-3</b> 	<b>5-3</b> 		<b>7-3</b> 
Tempo 2			<b>5-2</b> 	<b>6-2</b>  <b>6-2 Slide</b> 	
Tempo 1	<b>Shoot</b> 	<b>3-1</b> 	<b>5-1</b> 		
Other	<b>High</b> 	<b>Medium</b> 