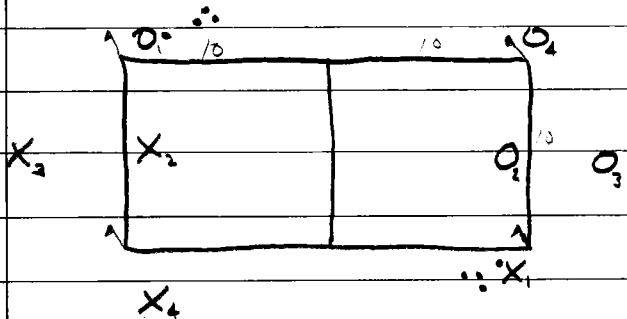
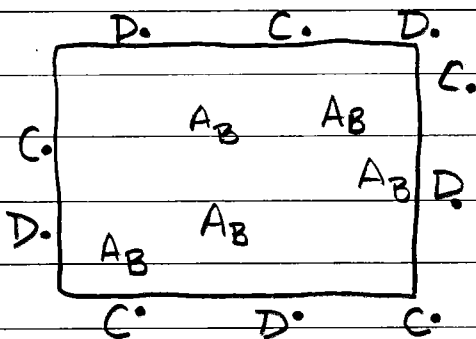


HEADING



'X1' SERVES TO 'X2' TO RUN ONTO TO HEAD PAST 'O2' WHO IS ACTING AS A G.R. (BALL MUST BE BELOW SHOULDER HEIGHT) AFTER BALL IS SCORED OR SAVED, 'O1' SERVES

TO 'O2' IN SAME MANNER. 'X3' & 'O3' ARE BALL RETRIEVERS WHILE 'X4' & 'O4' MAKE SURE THE 'B's' HAVE ADEQUATE SUPPLY OF BALLS (90 SEC) - ROTATE



4 EQUAL GROUPS (A, B, C, D), C's & D's ON OUTSIDE WITH BALL EACH.

'A's' ON ATTACK FIRST, 'B's' DEFENDING. A's CHECK TOWARDS TO HEAD BACK, B's MAY USE HANDS TO SNAP BALL AWAY. (60 SEC.) - ROTATE

Thurs

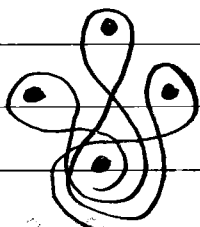
cones



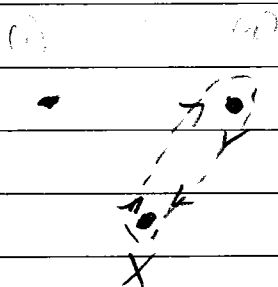
Both feet - short choppy steps or foot hopping



SAA.



SAA. - also w/ ball.



particular shorts if player goes around then back to get it for next one