

6/7/07

6:30

16 SOUTH

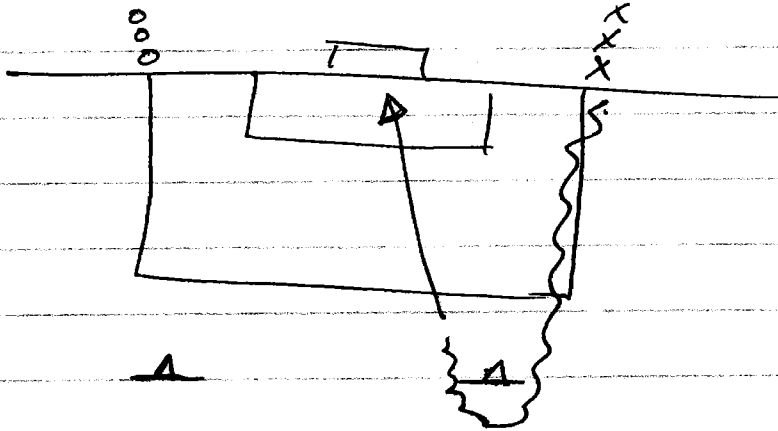
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after the earthquake a fire but the Lord was not in the fire and after the fire a sound of sheer silence

I WARM UP

- LARREY GRID - NORMAL ROUTINE
- INTRODUCE "MATTHEWS" MOVE
(LUNGE TO SIDE)

II SHOOTING



DRIBBLE AROUND CONE

SHOOT FROM OUTSIDE OF BOX (EARLY)

- MODIFY IF TIME

DRIBBLE AT CONE (DEFENDER)

EITHER STEP OVER OR MATTHEWS

TO GET AROUND

SHOOT EARLY

- BETTER TO SHOOT & MISS THAN TO NOT SHOOT AT ALL