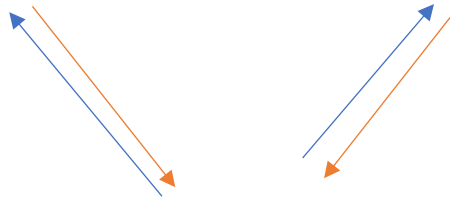


Vee Drag's

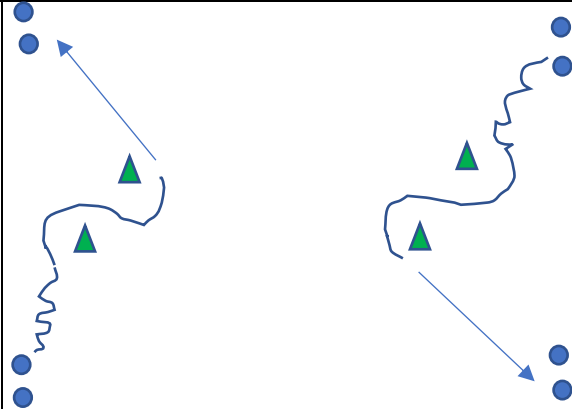


Fore stick
Push 5 m
Dribble 10 m
Around cone

Dribble to cones

Back stick drag ~ pass

- No tap tap
- Keep ball & stick in contact at all time



Show Block tackles

1 v 1

- Body Position
- Hand & stick position

Game



Goal 1 pt
Block Tackle 2 pts