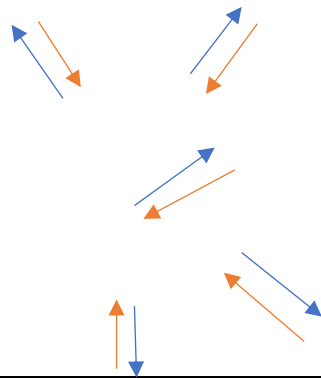


Vee Drag's

2,4,6, Drags

(Clock face)

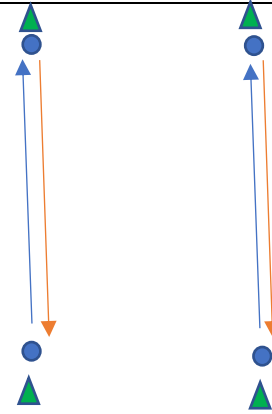


5 m

2 balls

Pass at

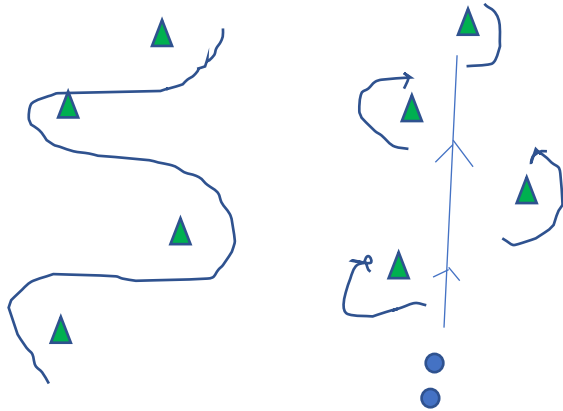
Same time



2 balls

Pass over

1 ball (toss)



Indian Dribble

Body around cones

Body up middle

Ball around cones

Hit back to start

Introduce Poke Tackle



Jab only

Strike like a cobra

Game



Goal 1 pt
Poke tackle = 2 pts