

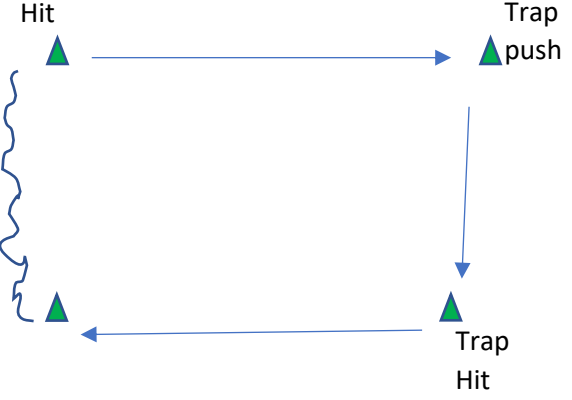
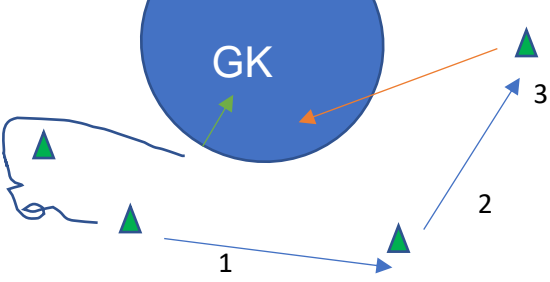


<p>No sound pushing & trapping</p> <p>5 m & 10 m</p>  <p>Catch like an egg</p>	<p>Hitting & Slapping</p>  <p>10 m & 20 m</p>
 <p>Hit</p> <p>Trap push</p> <p>Trap Hit</p> <p>Hit</p>	<p>Adjust size to suit age</p> <p>Follow pass</p> <p>3 groups</p>
 <p>GK</p> <p>1</p> <p>2</p> <p>3</p> <p>1 pass to 2 push 2 pass to 3 Hit 3 pass to 1 slap</p> <p>1 leads around cone – call for ball</p>	<p>In Zone Game</p> 