

SOLO Game Sim 1

Commencing at A backwards out to set up for kick in after a behind. Turn and head to B for throw in. Back towards the goal end just left. Trigger hard to C then backwards for 10m trigger to D then perform another throw in.

If only one ball stop at C and go backwards trigger for 10m, return to B for throw in.

Ensure after throw ins that you Back off 10 – 15m in the right direction. Backwards needs to be done with intensity.

