

## SOLO Game Sim 2

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 after throw then trigger hard to behind post. Walk across to C then back out to D turn and work hard to E 80% include 2 short 5m surges between D & E. Jog back to A. If the throw is not good then add in penalty exercise on return Behind post prior to C.

