

Movement Pattern 1

1 – 2 – Forwards
past set kick at 2
then back to 3.

3 – 4 hard effort get
wide for OOB and
throw in at 5.

Back off throw at 5
towards 6 and
trigger to post. Hold
for (5") then relay
pace to 7.

Hold for (5") then
back of hard to 8
before trigger to 9
for set shot on goal.

Walk to 1 to repeat
can add throw near
post.

Accels – 6
Decels - 5

