

## Movement Pattern 2

Start with throw and trigger

1 – 2 Hard effort – 10”  
recovery

2 – 3 Medium  
backwards effort

3 - 4 Hard effort

4 – 5 Backwards at  
speed

5 – 6 Forwards Trigger  
initially then slow over  
5m to post.

Can add throw near  
post as well near 6.

Jog to catch throw and  
then repeat

Accels – 4  
Decels - 3

