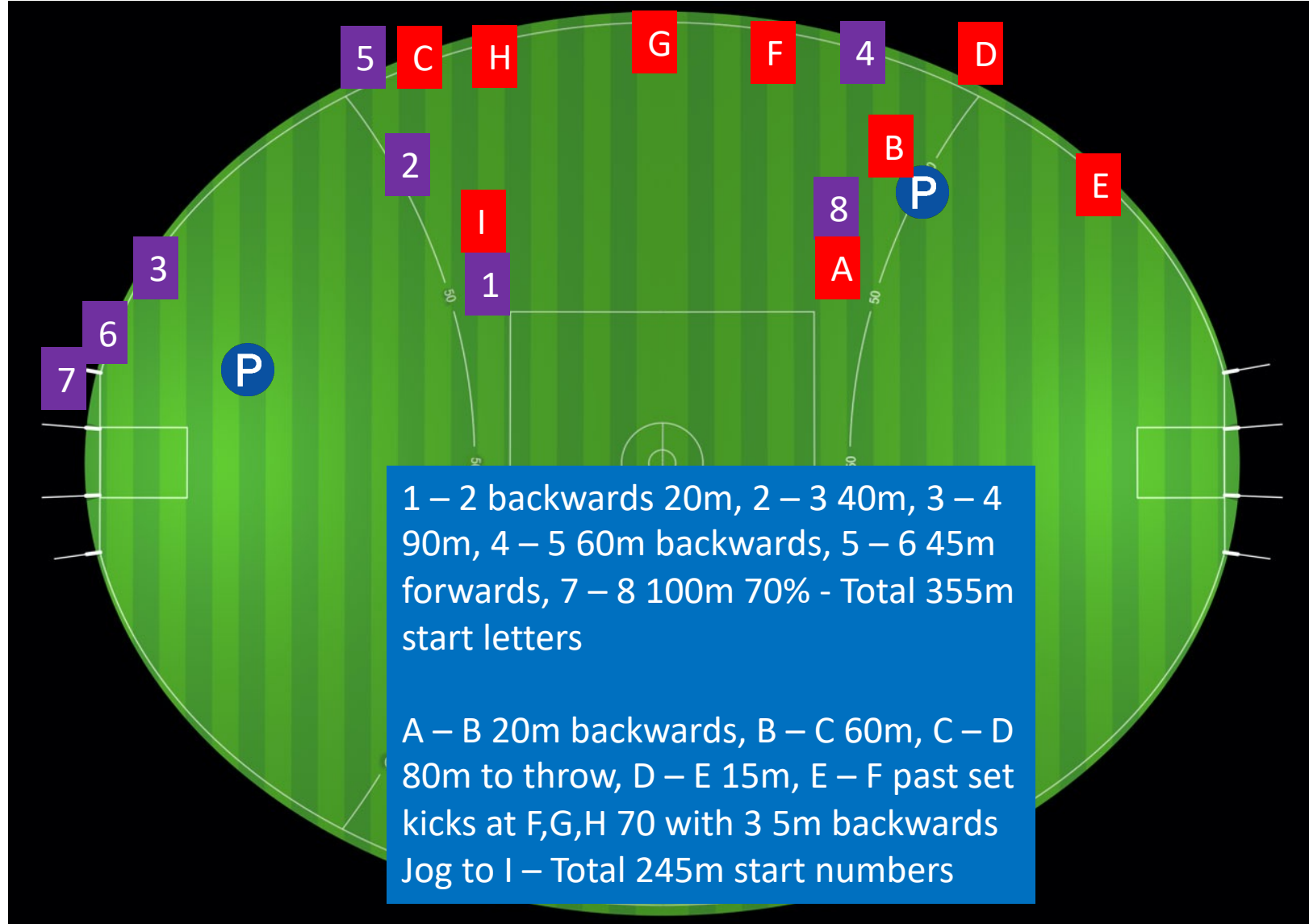


### Movement Pattern 3

Both start from ball up  
Can repeat for multiple sets using 45 seconds as recovery

**Numbers**  
Fast play towards goal for behind. Trail ump for team mate throw at far 50. Slow play around line then in board kick into 50 for shot at goal. TOOB for throw next to post then goal off throw.

**Letters**  
Hard change of direction off bounce. Quick transition for throw wide at 50. Slow past 3 set kicks around line.



**Numbers**  
Accels – 4  
Decels - 3

**Letters**  
Accels - 4  
Decels - 3