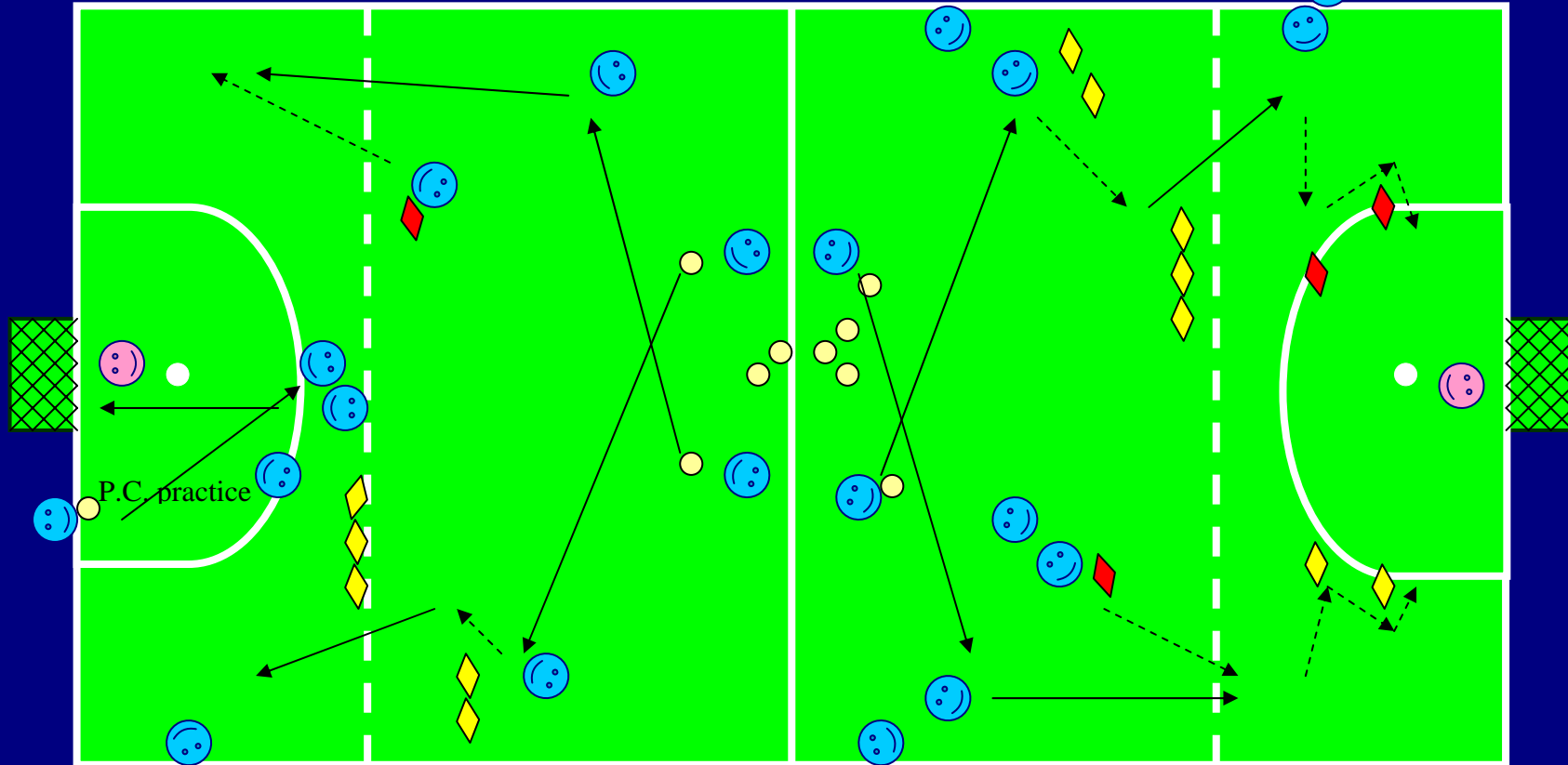


Warm-up 1

P.C. practice

Back 4 & strikers

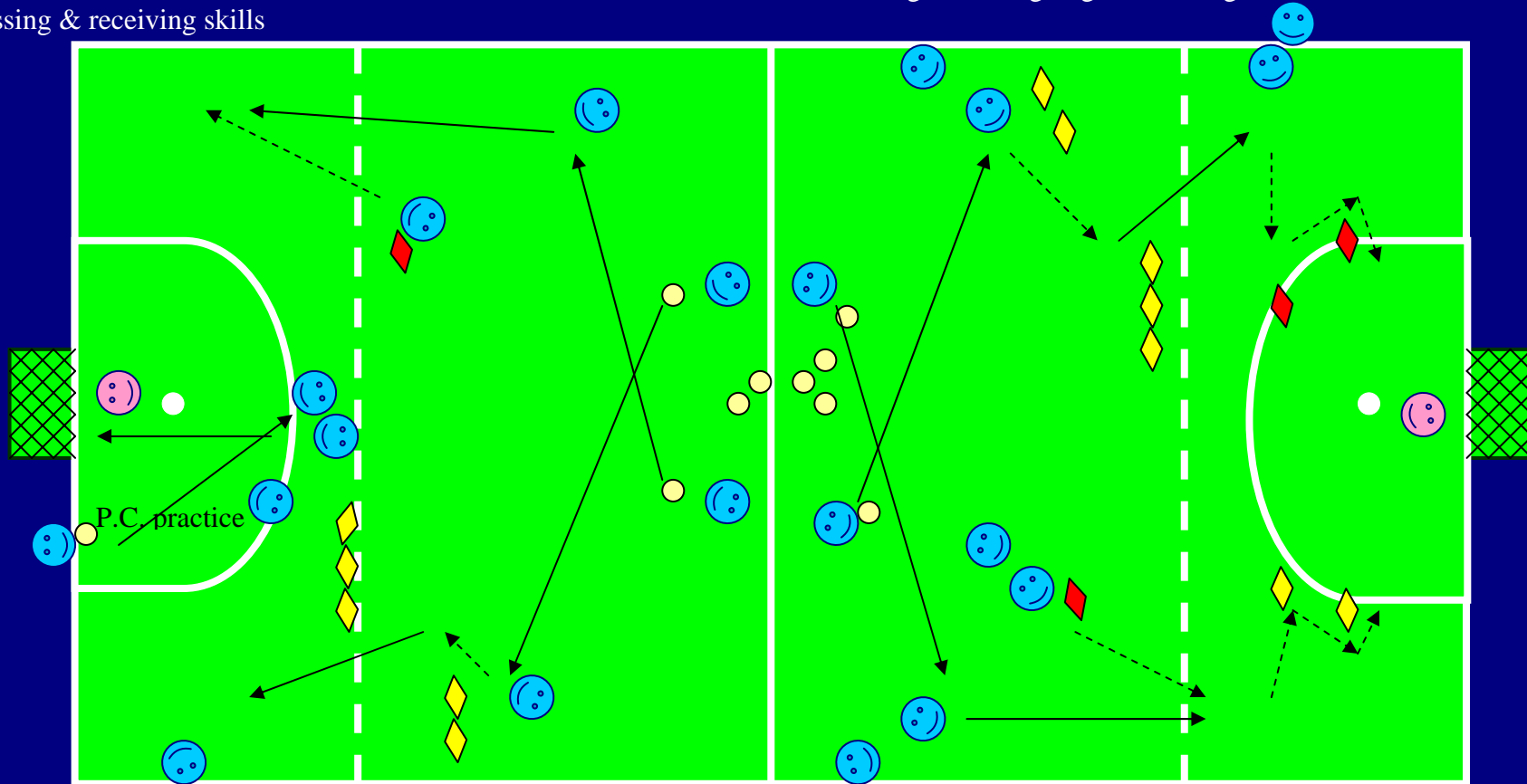
Passing & receiving skills



Warm-up 2

Back 4 & strikers

Passing, receiving & goal shooting skills



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Rockhampton & Gladstone Hockey