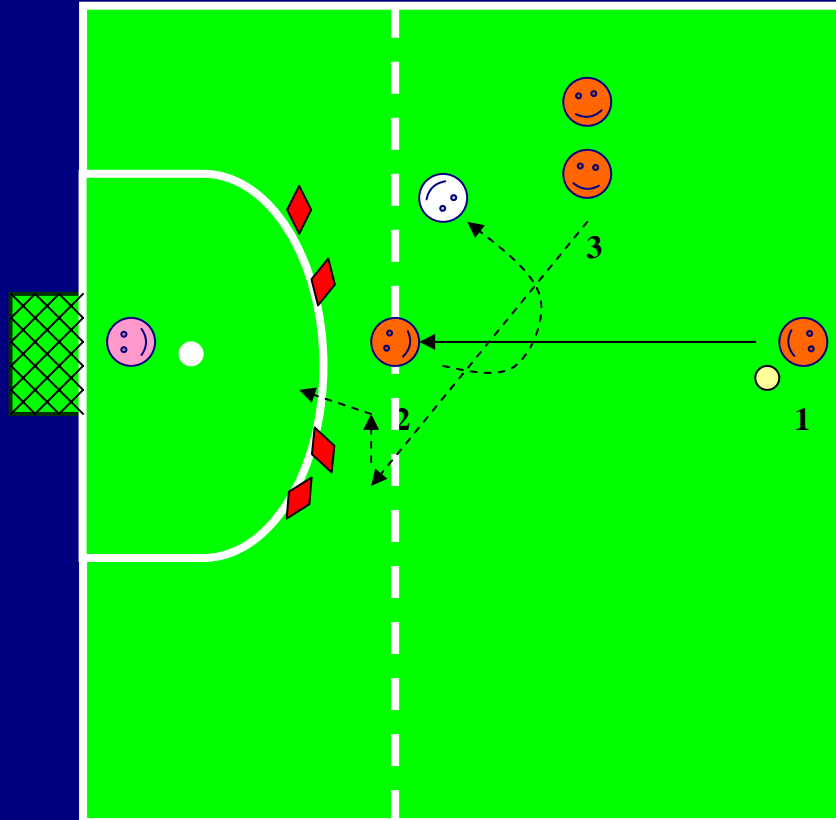


Warm-up 3

Passing, angle running & goal shooting skills

Player 1 passes to P.2, P. 2 angle run back & drops to P. 3 who moves behind P. 2 to receive ball

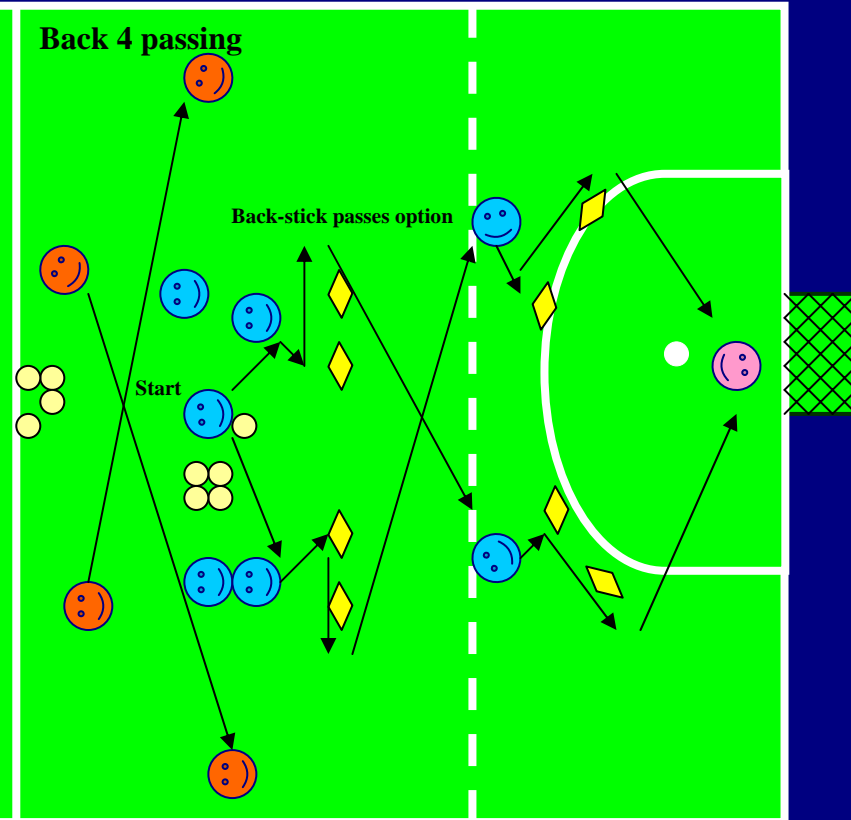
Player 3 can lead from left & right side of P.2 - Follow your pass



Warm-up 4

Back 4 passing & receiving skills

Mid field/strikers work on drags - passing receiving & goal shooting skills



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Regional Coaching Director

Rockhampton & Gladstone Hockey