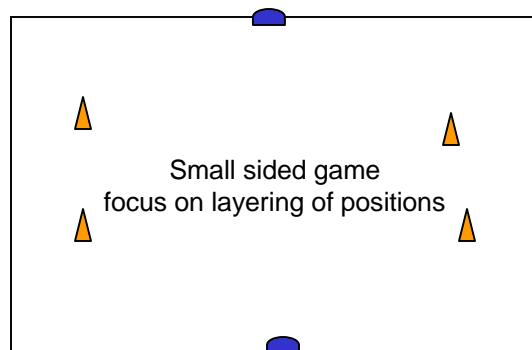
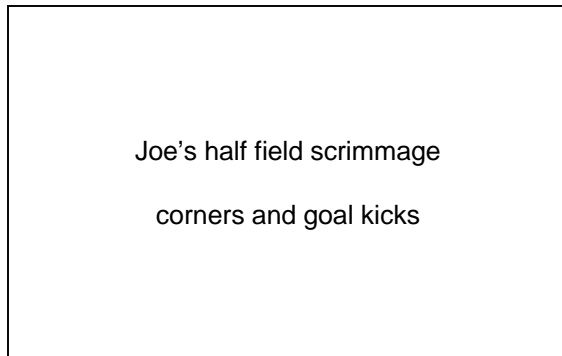


Practice – Passing - Long Kicks/Chips - Defensive positioning/tackling - Position

Warm ups

Long Kicks/Chips

Defensive Positioning



Clearing game - lose ball have to clear

Regular game