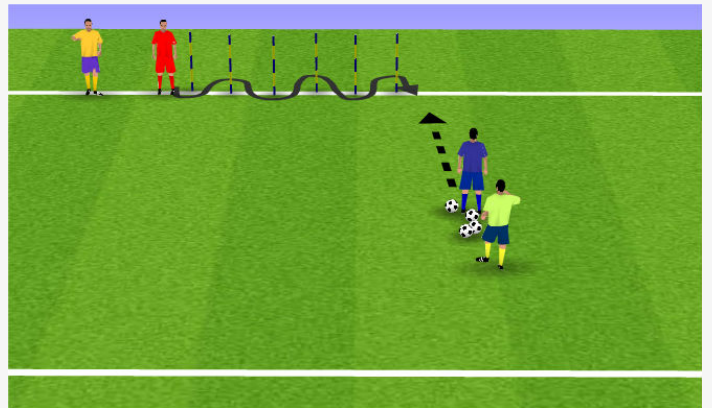


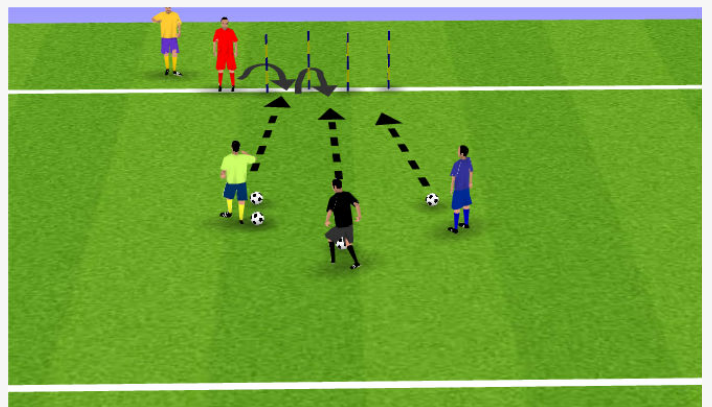
## Agility warm up (10 mins)

Four rounds of each:  
Weave through sticks, serve ball on ground for scoop 2 forward two facing other way  
Face forward go thru sticks, front smother  
Two steps through each stick, alternate sides mid-level shots from ground  
Weave backwards turn for high volley



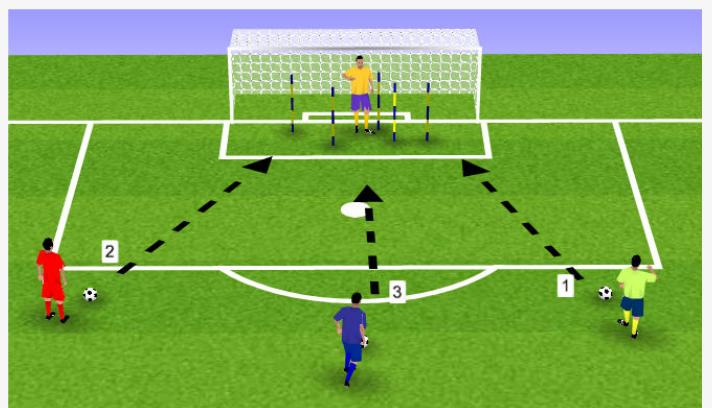
## Obstacles for saves (15 mins)

Weave through sticks for save between each pole, must make save, distribute back, then go around pole for next save. Go through each side 3x then rotate to servers, 2 rounds each of:  
-ball low for saves  
-mid range saves  
CP: set early, weight forward, ground distribution, drop step to get around pole, hands in front



## Chaos in frame (15 mins)

Shots with poles to get around for saves:  
Six shots then rotate to servers, 2 rounds  
Low shots, second round mid range shots  
CP: get in front of poles for save, ground distribution, set early for shot, get back to start position for next save, eye on ball for next save



## 6v6 6min games (20 mins)

5v5 with GKs, 6 minute games 2pts for waist or lower goals  
One player needs to stay up high around GK  
CP: communication, early set, eyes on ball, quick feet across frame,

