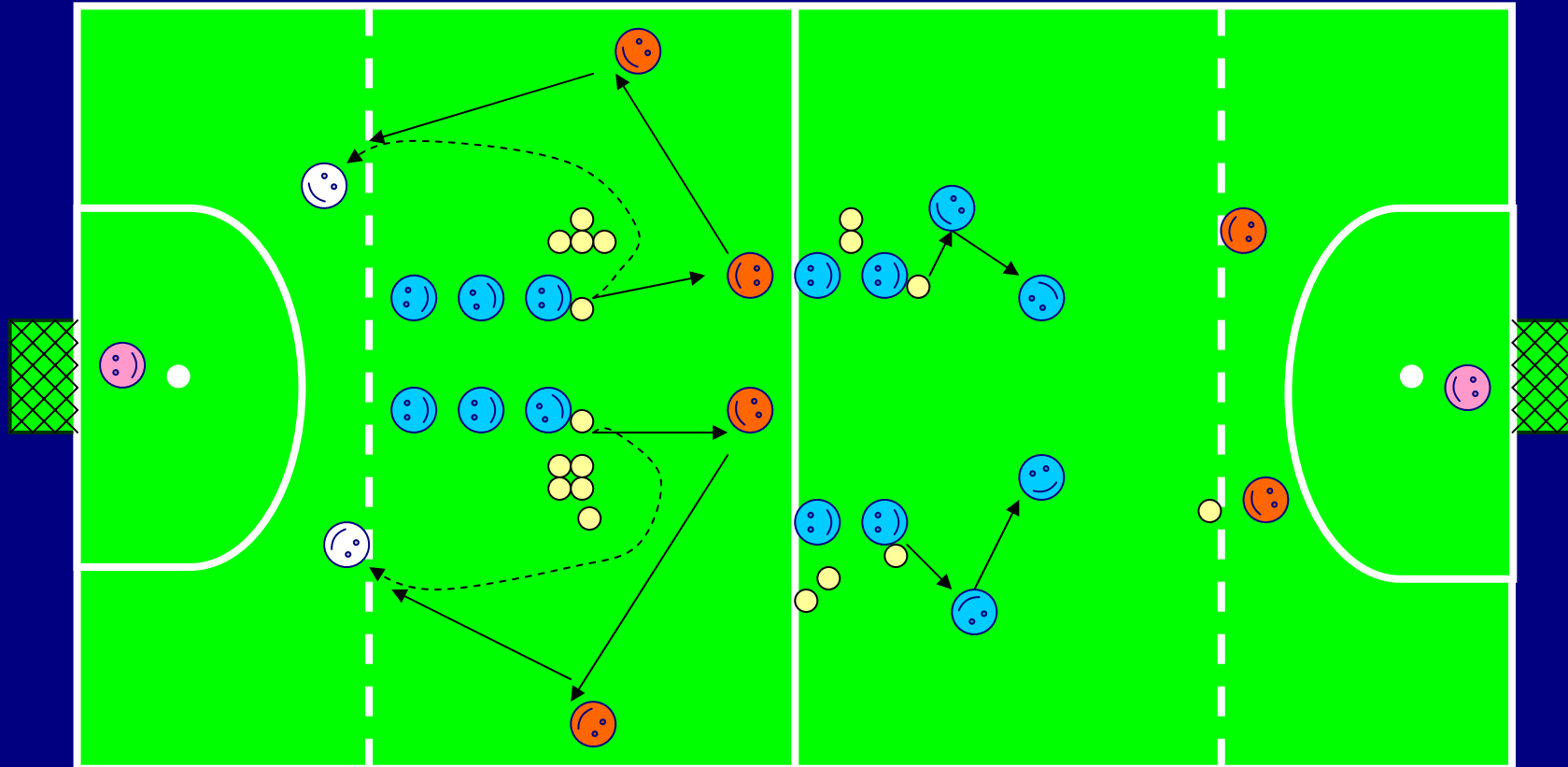


Warm-up 5

Back 4 passing & receiving skills

Mid field/strikers work on leading back to ball -
passing - receiving & goal shooting skills



Warm-up 6

Passing – receiving – goal shooting -

1 on 1 & 2 on 2 elimination skills

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Rockhampton & Gladstone Hockey