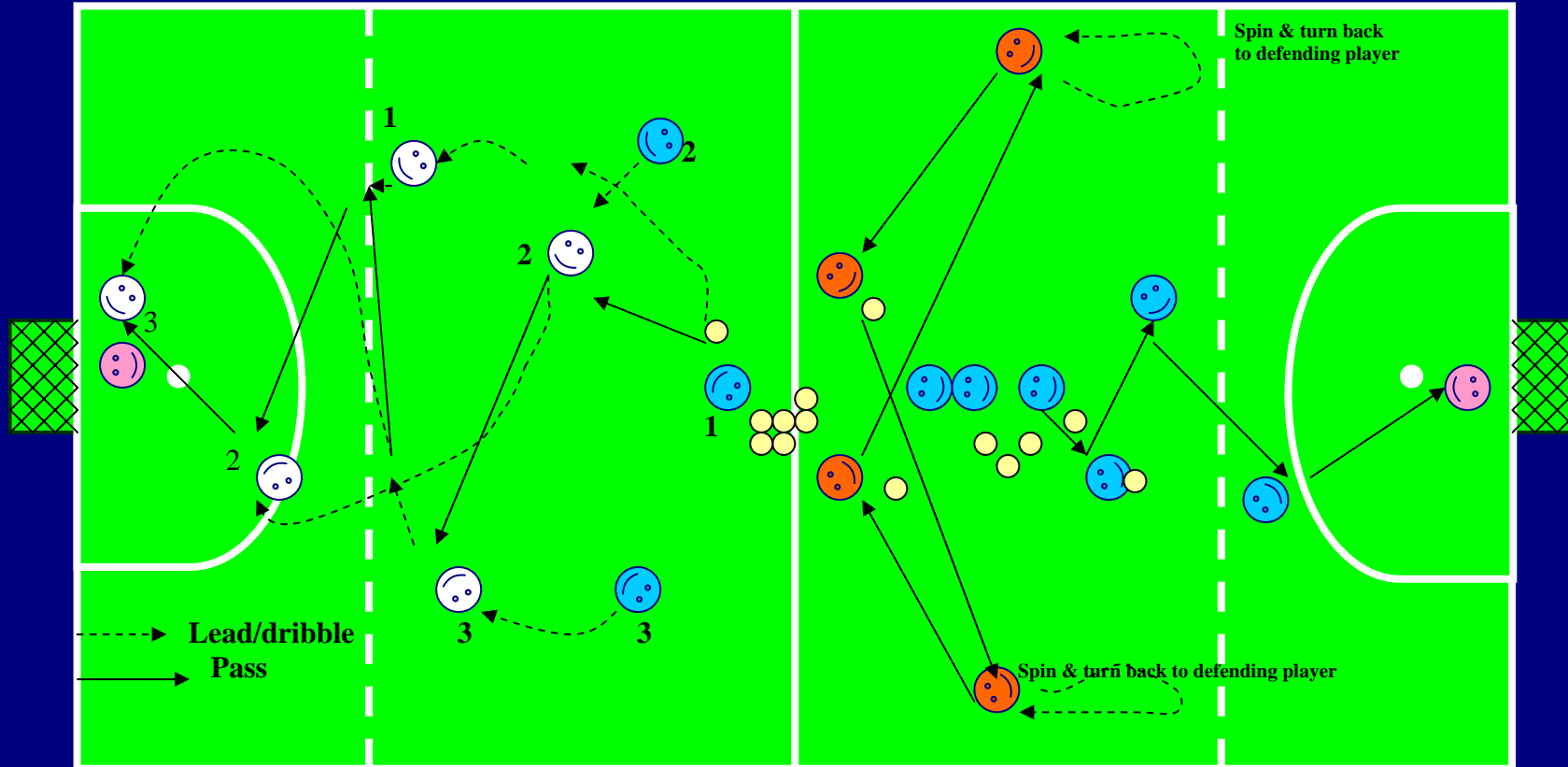


Warm-up 7

Running at speed on angles - 2 ways - keep width
passing – receiving & goal shooting skills – follow your pass –
Receive pass in front of player & lead to receive from behind player



Warm-up 8

Back 4 passing & receiving skills
Mid field/strikers work on passing – receiving – fast feet -
quick wrist & goal shooting skills

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