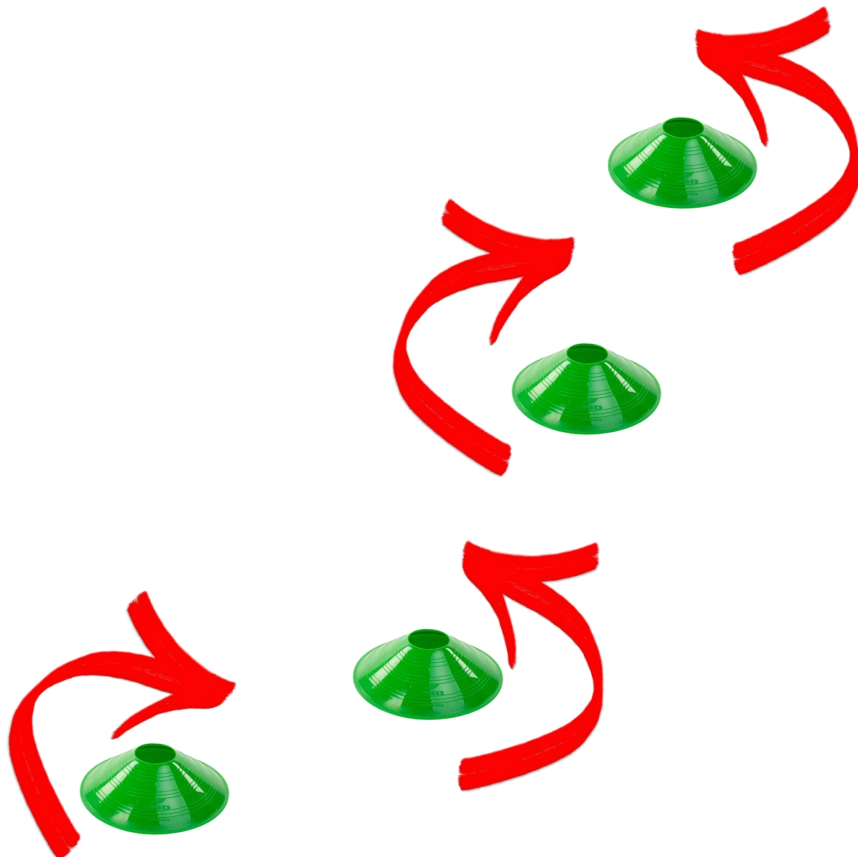


Week 1 - Balance & Agility



RUN through pylons without a ball - then **kick** a stationary ball into the net and return to the back of the line to do it again