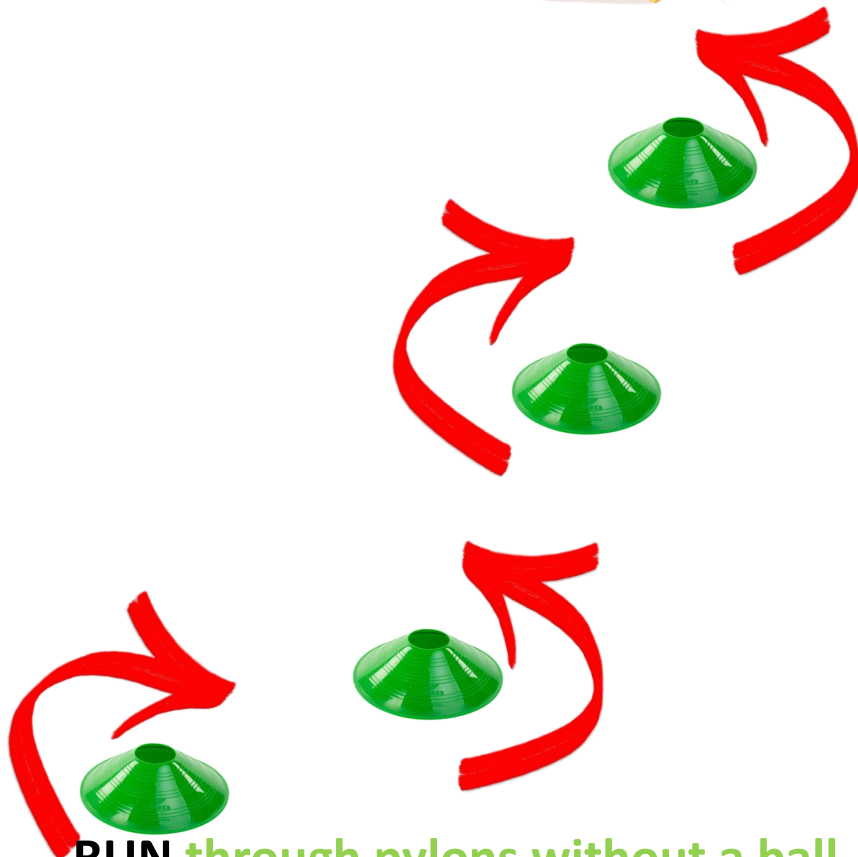


Week 2 - Balance, Agility & Corrodination



RUN through pylons without a ball - then kick a moving ball passed from the coach into the net and return to the back of the line to do it again