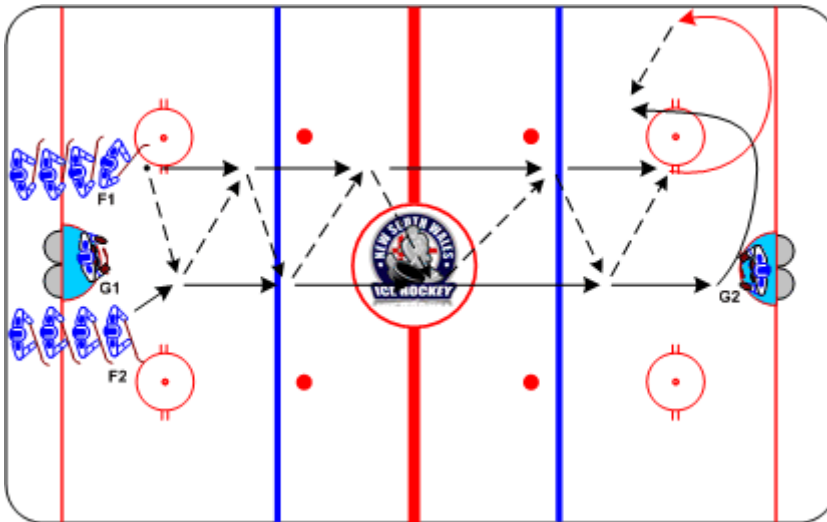




Warm-Up A: One Touch Pass

Duration: 4 mins

- F1, F2 one-touch pass up mid lane
- F1, F2 return via outside lane
- Next group returns via opposite outside lane
- G1 to mirror movements of G2



Coaching Tips

- One-touch passing
- Heads-up