



a Reseller-Club: Premier Users' Club

Session: Shooting session 1

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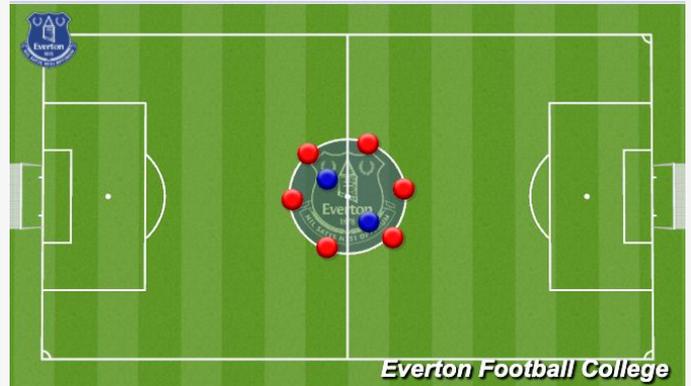
Period 1

8 man rondo

2 men in middle

win the ball swap with the player who lost it

5-10 minutes



Period 2

1 goalkeeper

1 player laying of (swaps per shot) cone B

rest of players line up on cone A

Player A passes to player B for him to have a shot at goal. The shooter then becomes the player B and the old player B returns to que.

10 minutes max.



Period 3

4v4 game

5 aside goals

first to 5 wins.

