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29	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
30	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
31	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
June	Catch, One cradle (Strong Hand) <i>*See how many repetitions you can get in 1 minute</i>	Catch, One cradle (Off Hand) <i>*See how many repetitions you can get in 1 minute</i>	Quick Sticks (Strong Hand) <i>*See how many repetitions you can get in 1 minute</i>	Quick Sticks (Off Hand) <i>*See how many repetitions you can get in 1 minute</i>	Catch and Switch <i>*See how many repetitions you can get in 1 minute</i>	Throw and switch hands in the air <i>*See how many repetitions you can get in 1 minute</i>	One handed (strong hand) <i>*See how many repetitions you can get in 1 minute</i>	One handed (off hand) <i>*See how many repetitions you can get in 1 minute</i>	Throw fake, switch (Goalie, Defense Only): <i>*See how many repetitions you can get in 1 minute</i>	Cross hand catch: (Strong hand) <i>*See how many repetitions you can get in 1 minute</i>	Cross hand catch: (Off hand) <i>*See how many repetitions you can get in 1 minute</i>	Behind the Back (Strong Hand) <i>*See how many repetitions you can get in 1 minute</i>	Full Wall-ball Time from start to finshih
1	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
2	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
3	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
4	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
5	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
6	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
7	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
8	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:
9	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2:	- Set 1: - Set 2: - Set 3:	- Set 1: - Set 2: - Set 3: - Set 4: - Set 5:

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