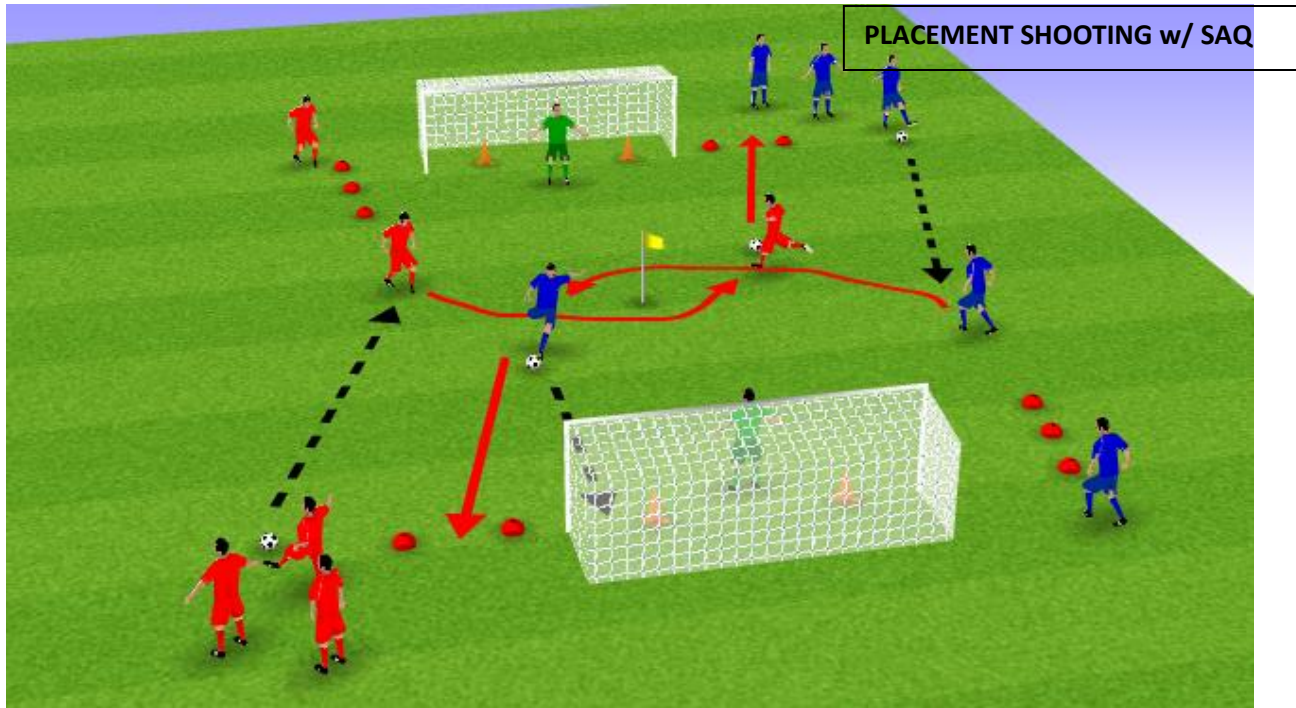


Players sprint dribble to flag in the middle, get their head up and shoot between post and cone. They return to the back of the line and wait their turn.



Player does agility move through the cones. Receives a pass and dribbles around flag in middle. Picks his head up and shoots between the post and cone. Sprints through gate as shown.