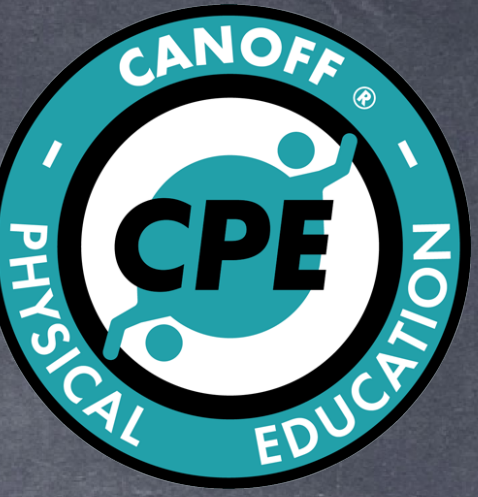


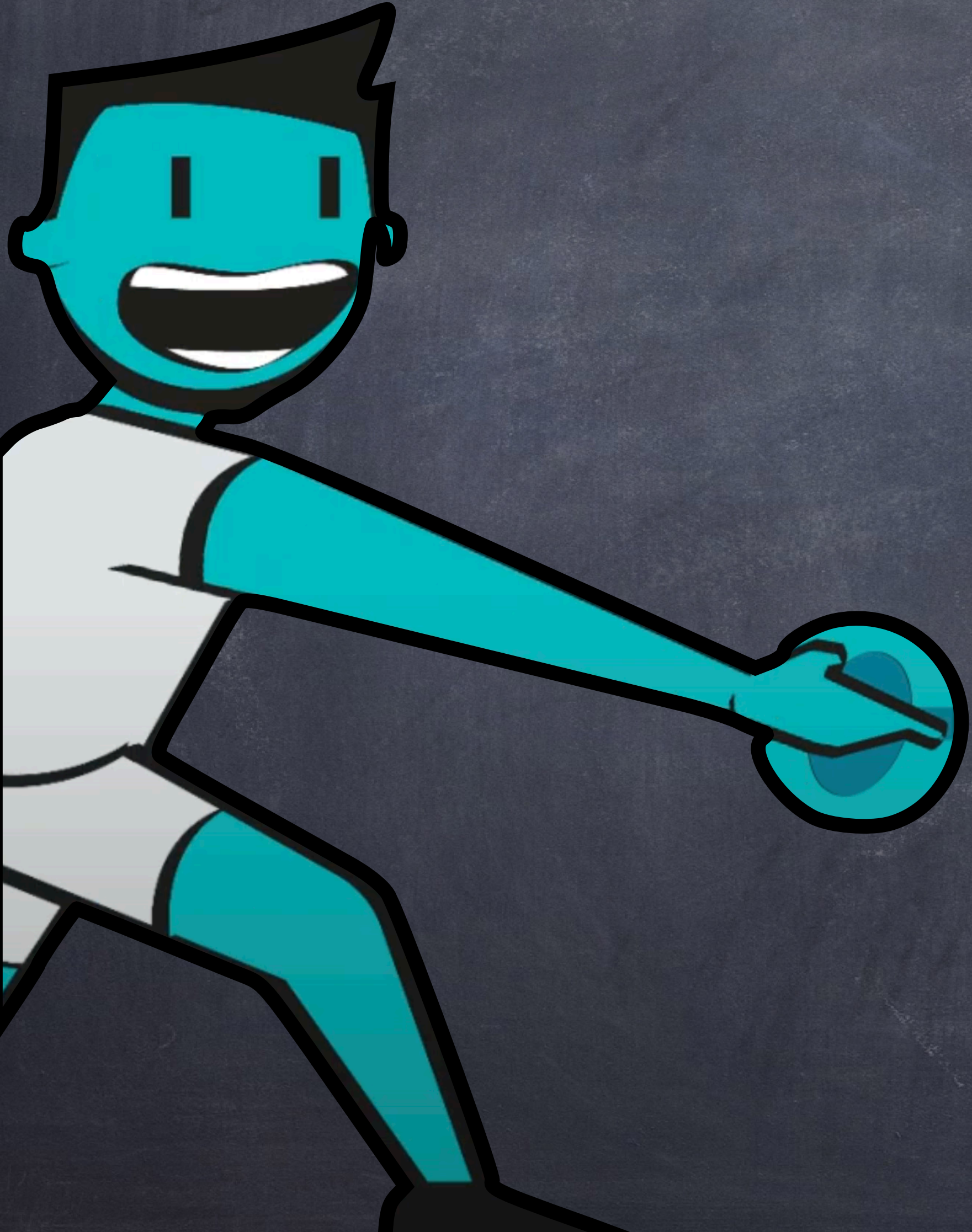
Can-Off: Session Three



Can-Off: Warm Up



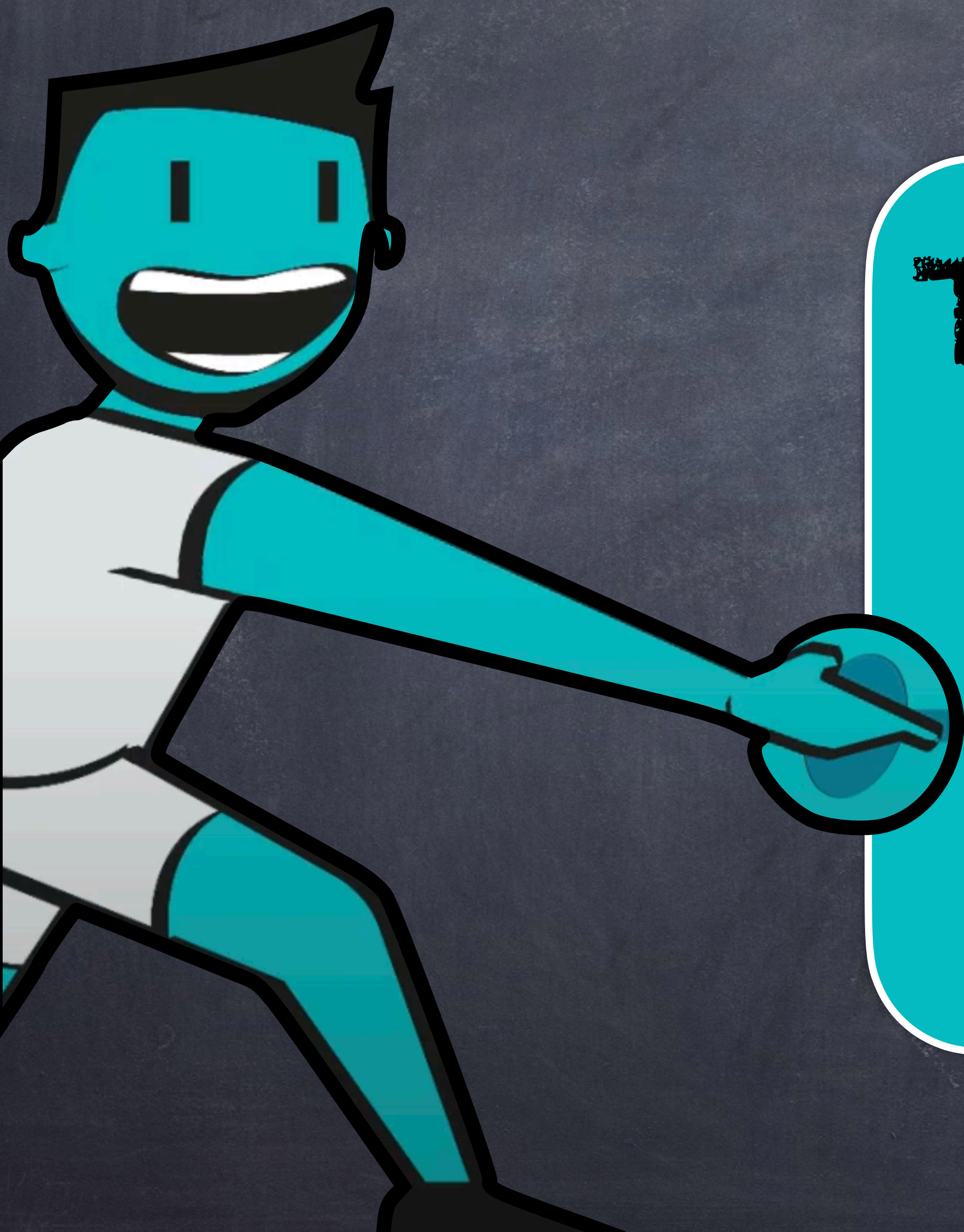
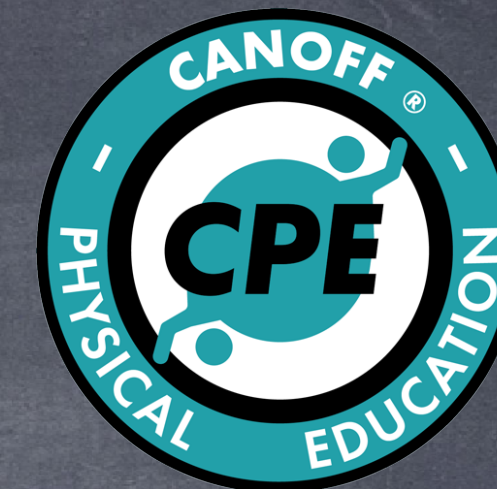
The Catch



In pairs, how many catches can you make in a row?

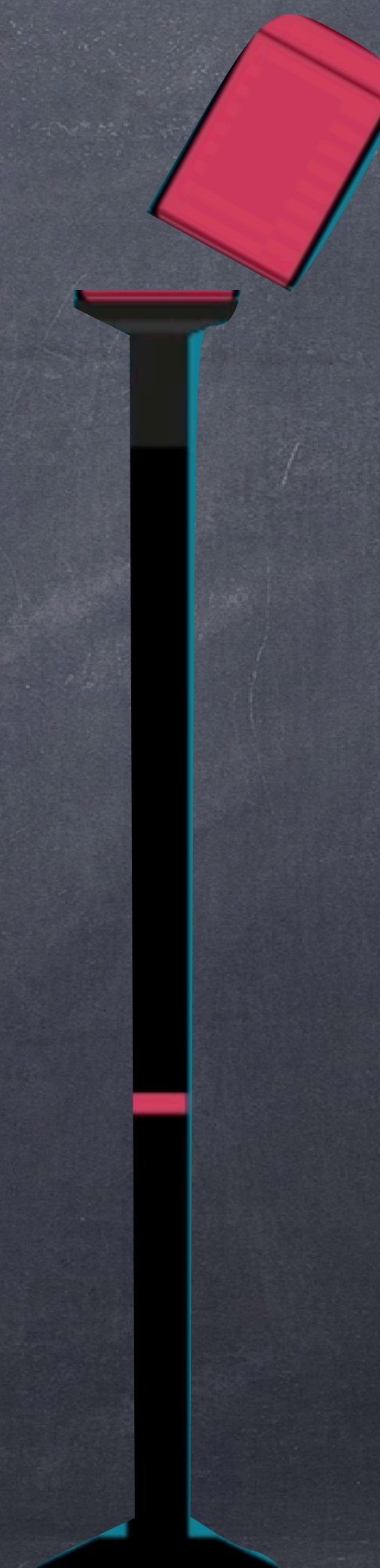
Can-Off: Warm Up

Practice

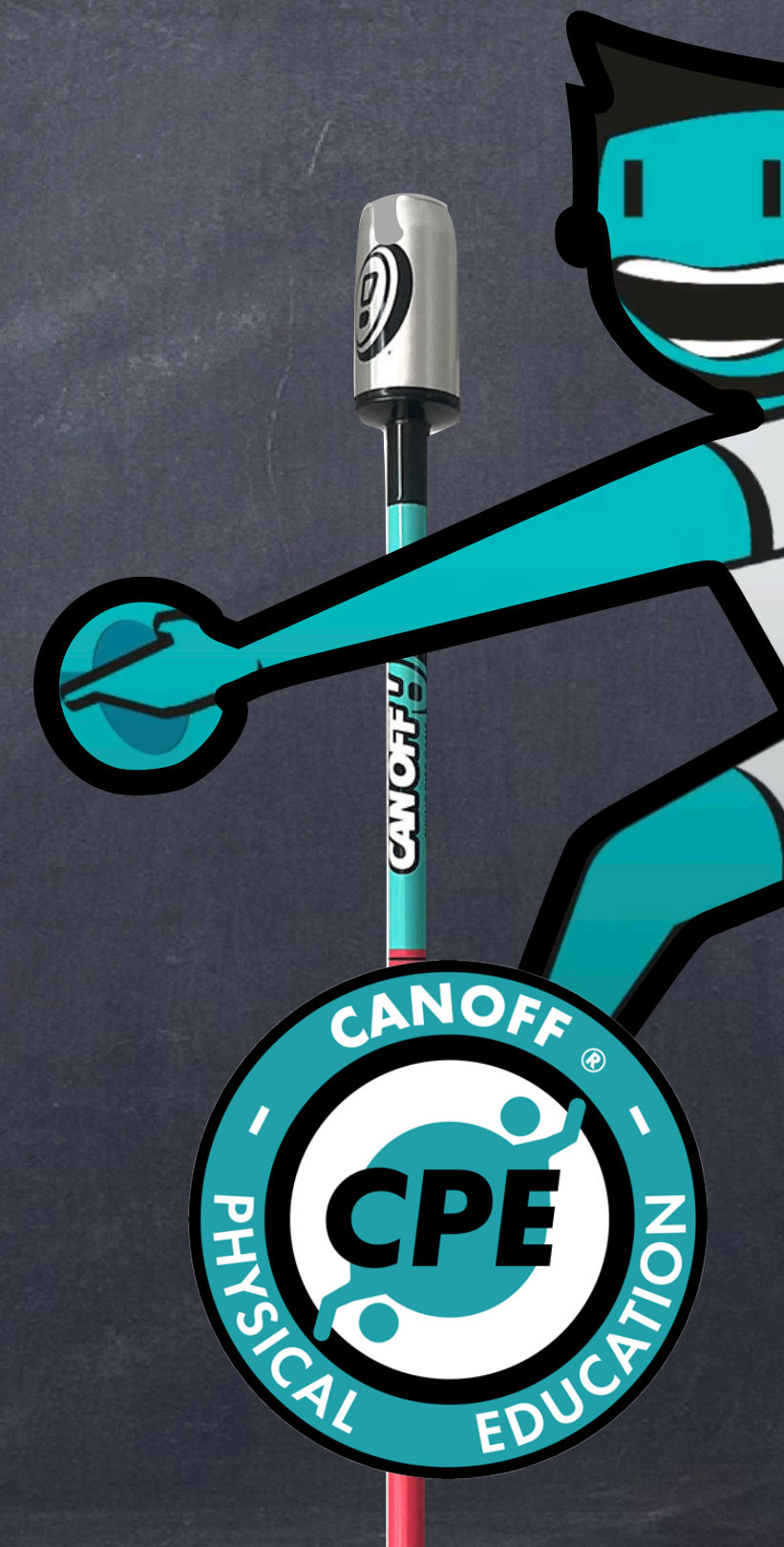
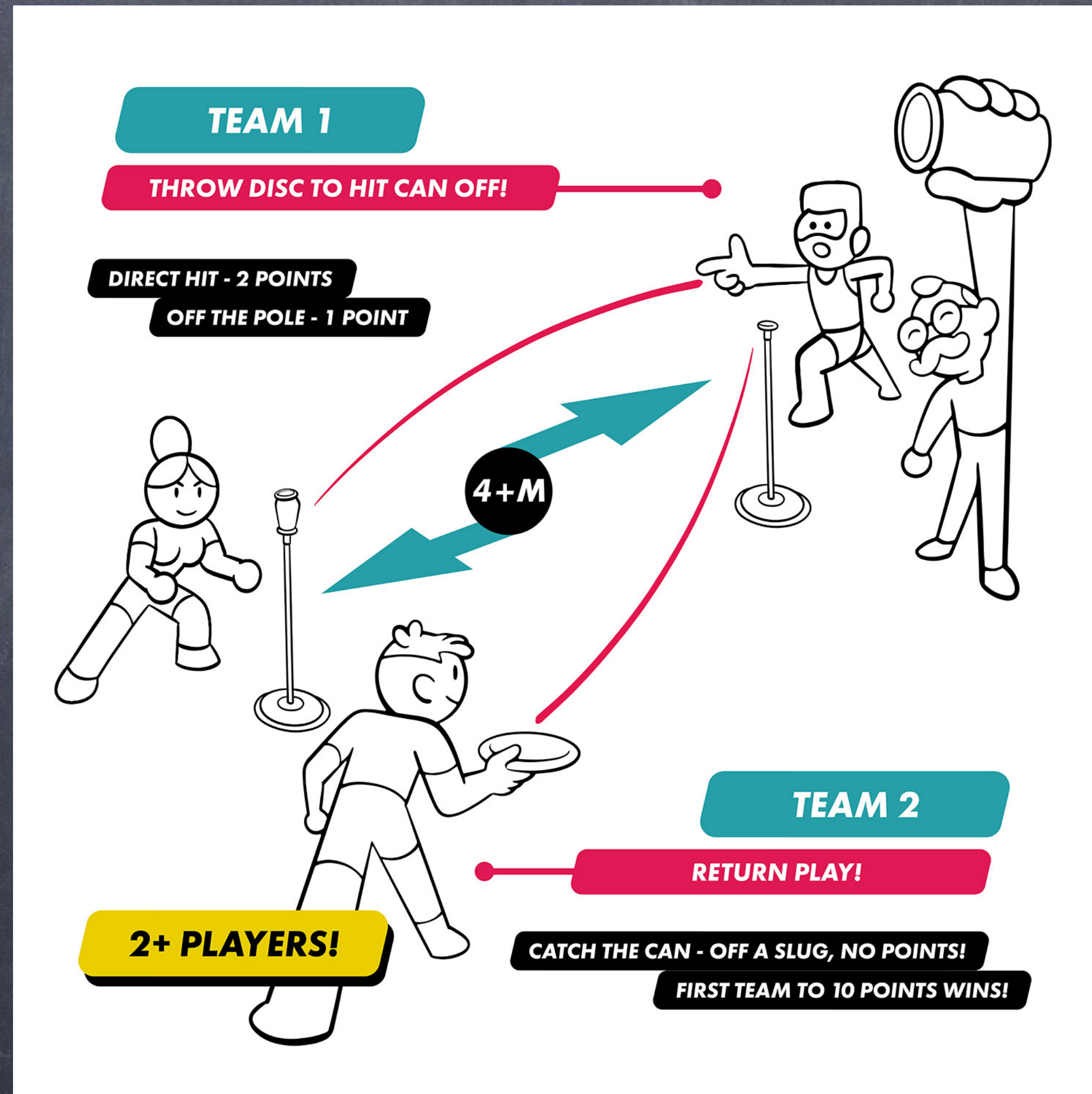
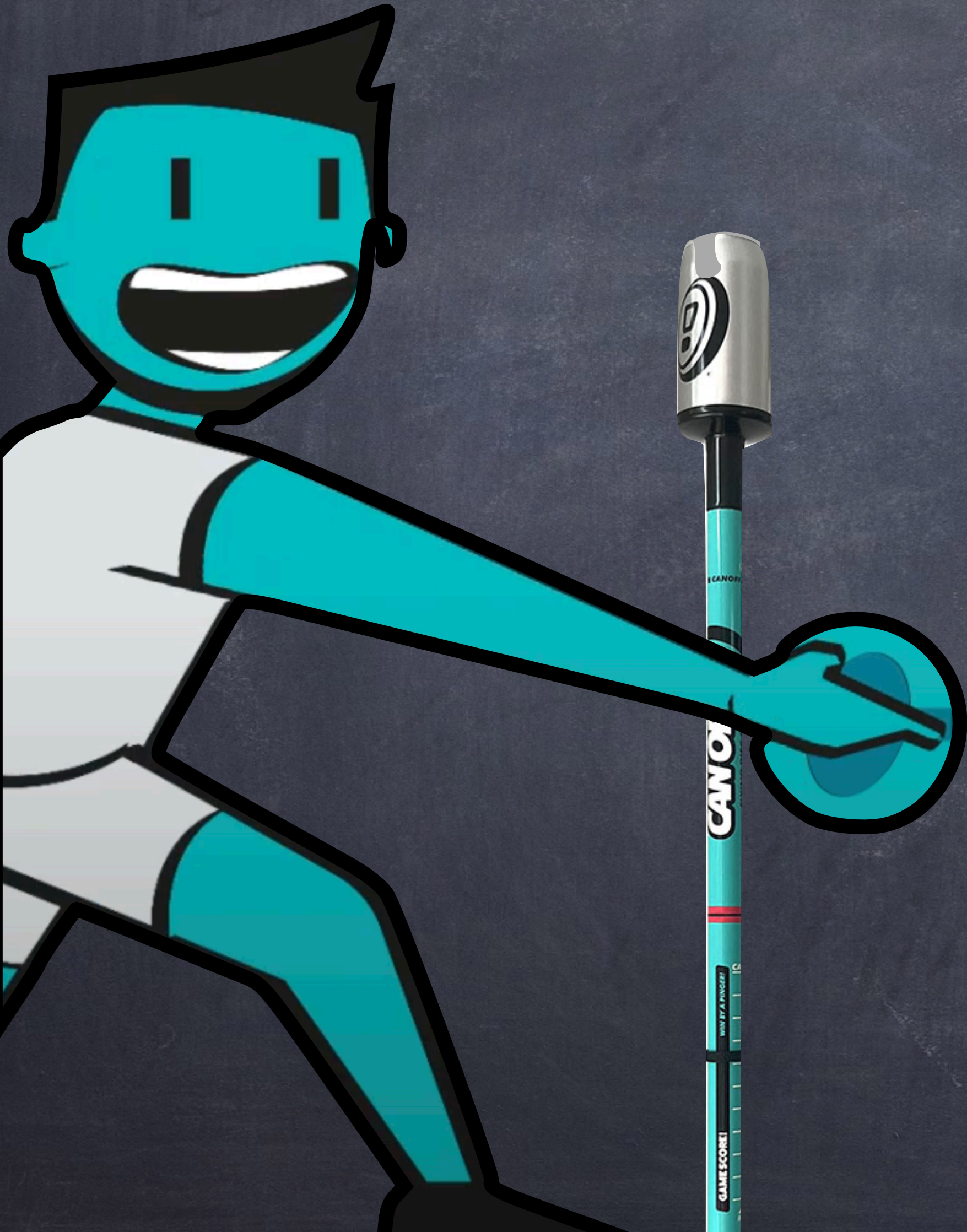


Target Time

Take some time to practice your technique against the target.



Can-Off: Session Three



Advanced Rules

1. One hand behind backs at all times
2. If you hit the can off directly you must throw with your weaker arm until you score again.
3. If you catch the catch you score a point.

