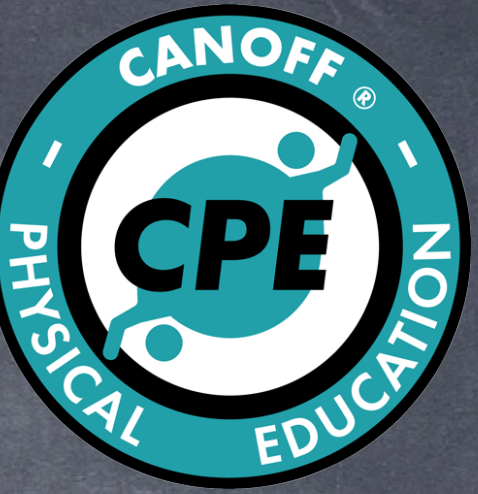


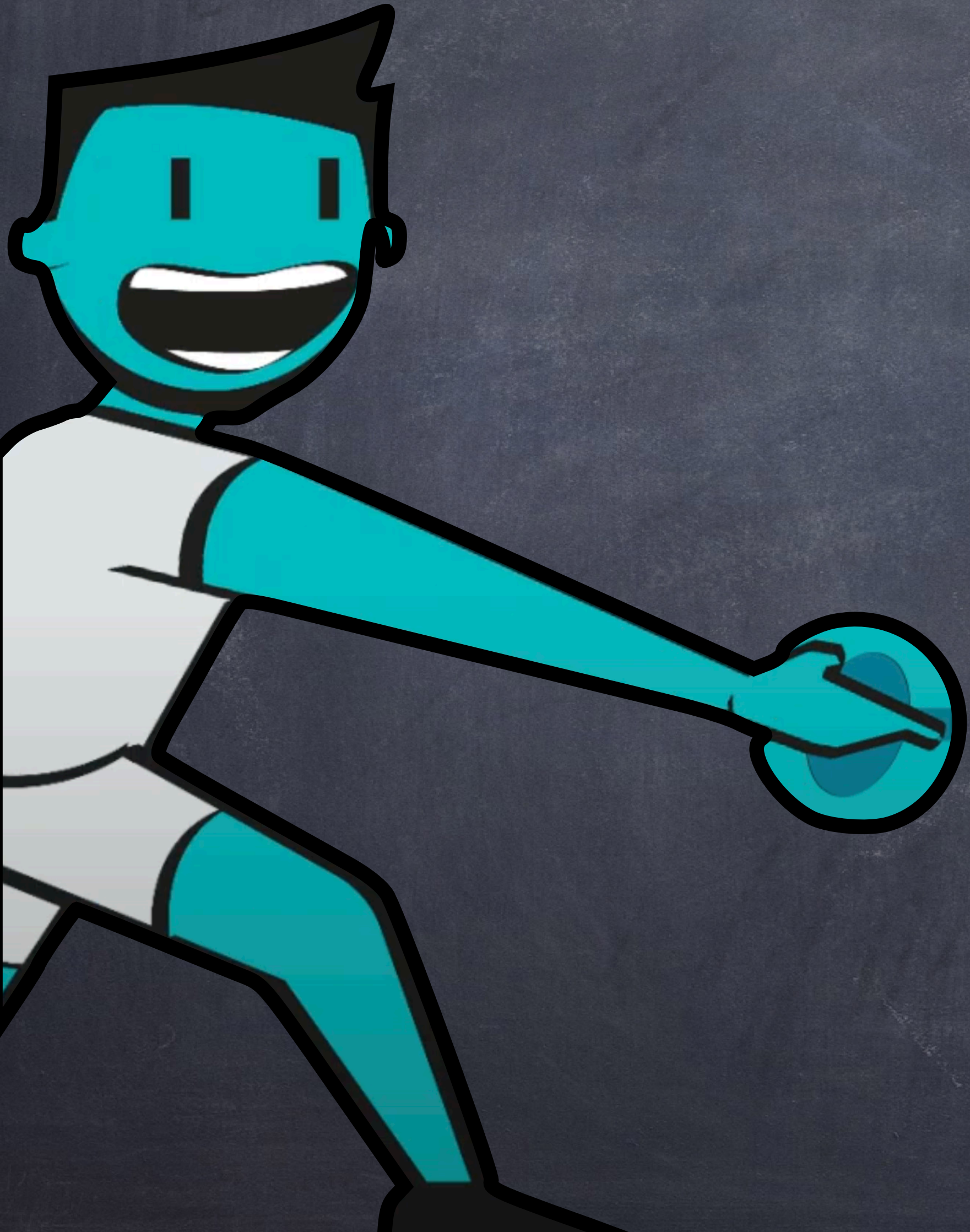
Can-Off: Session Two



Can-Off: Warm Up



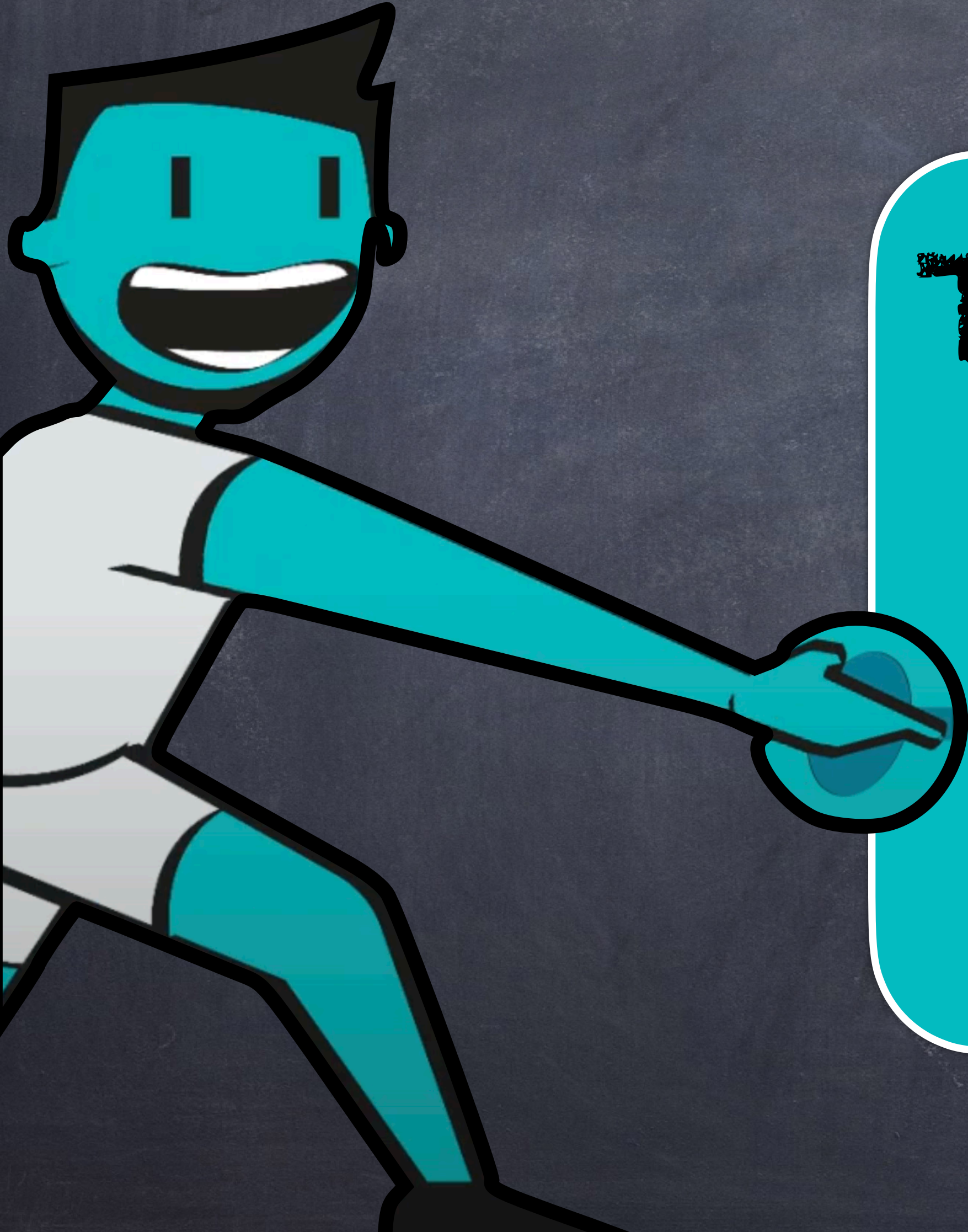
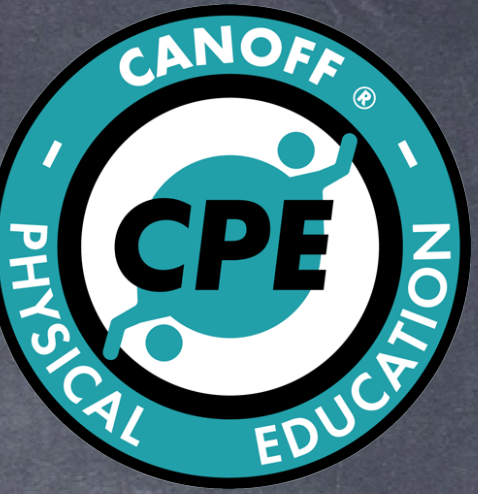
The Catch



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

Can-Off: Warm Up

Practice

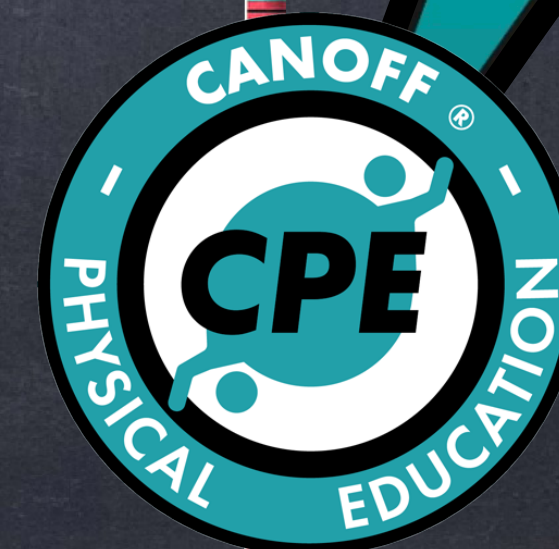
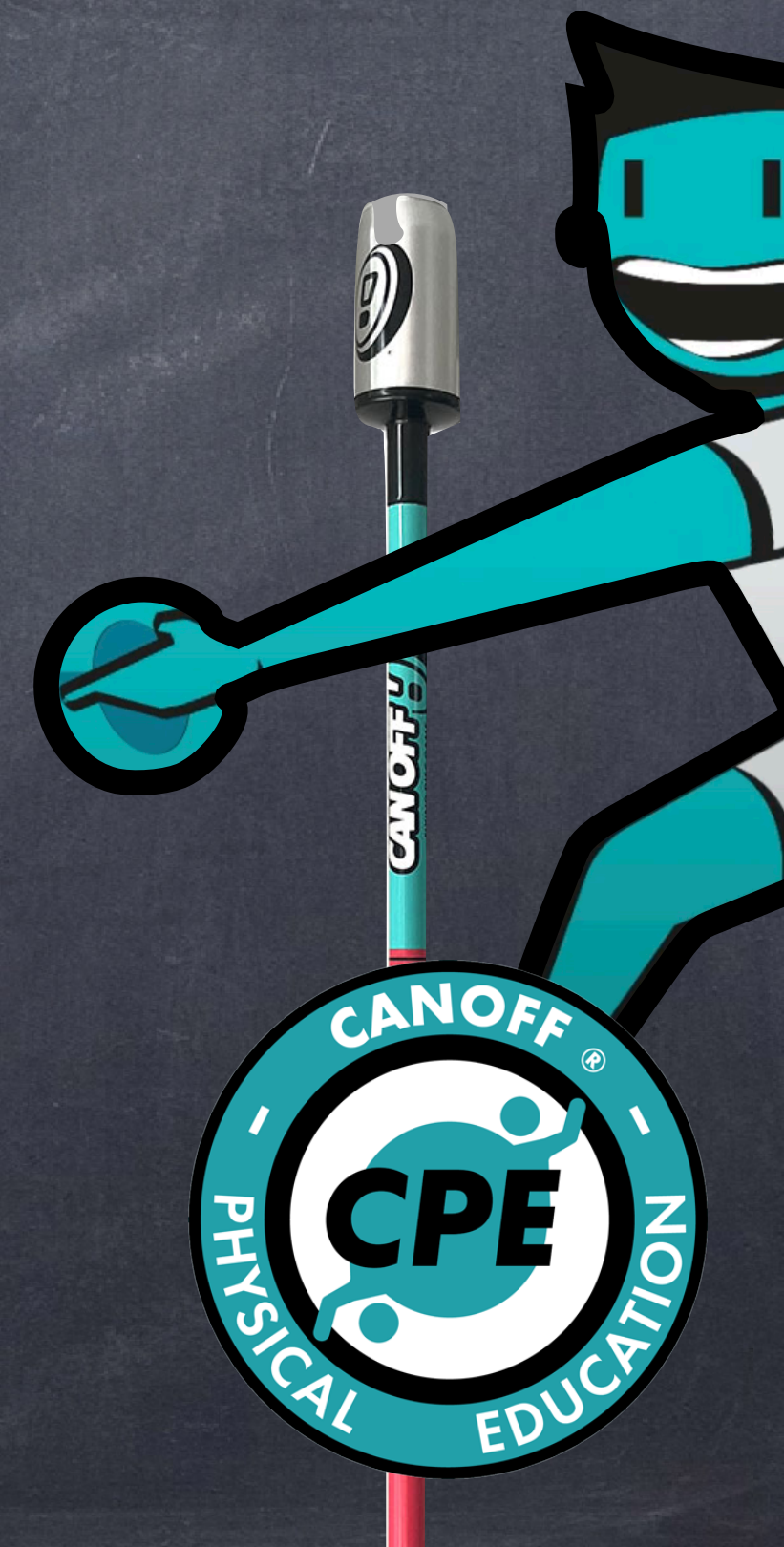
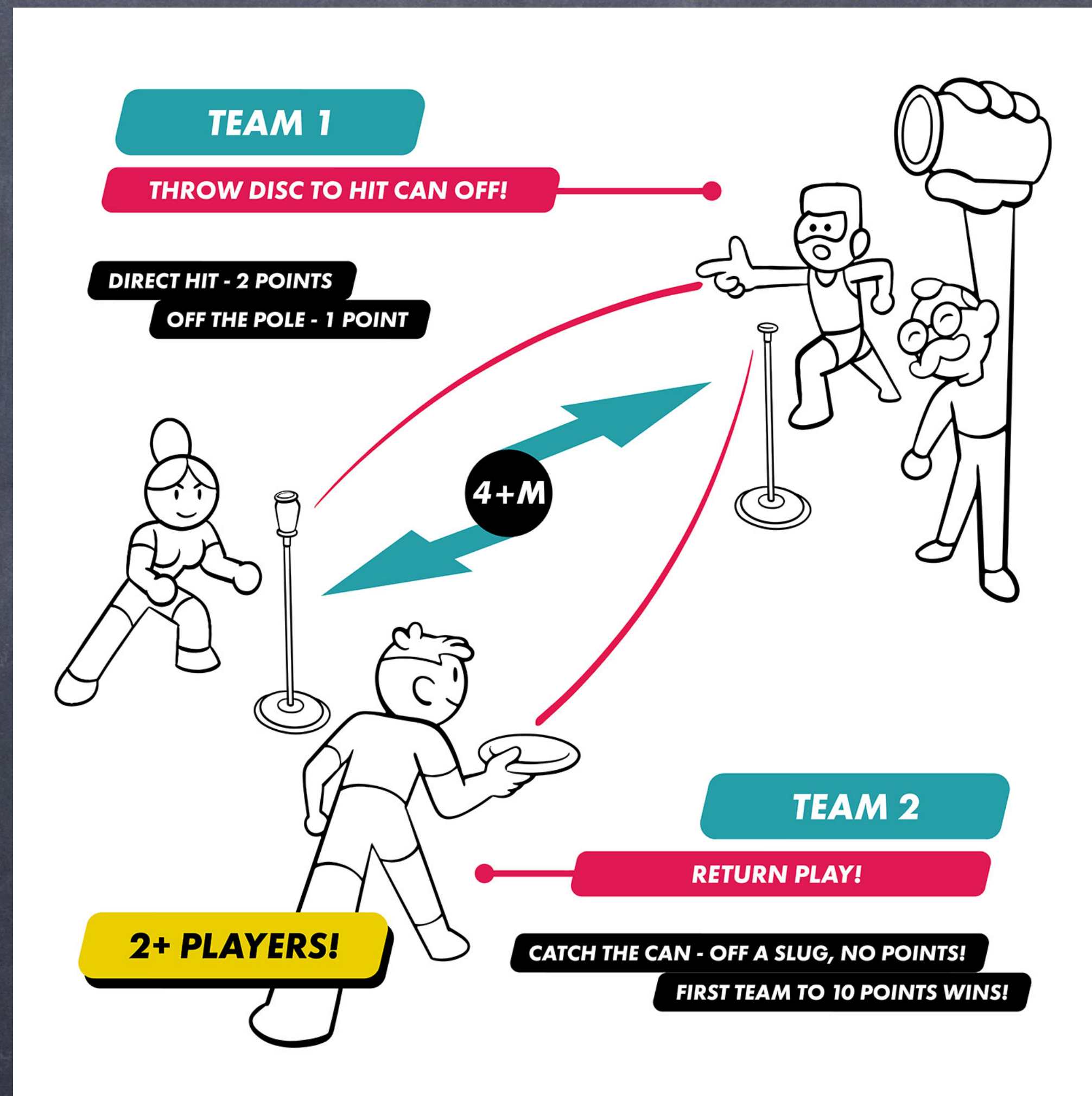
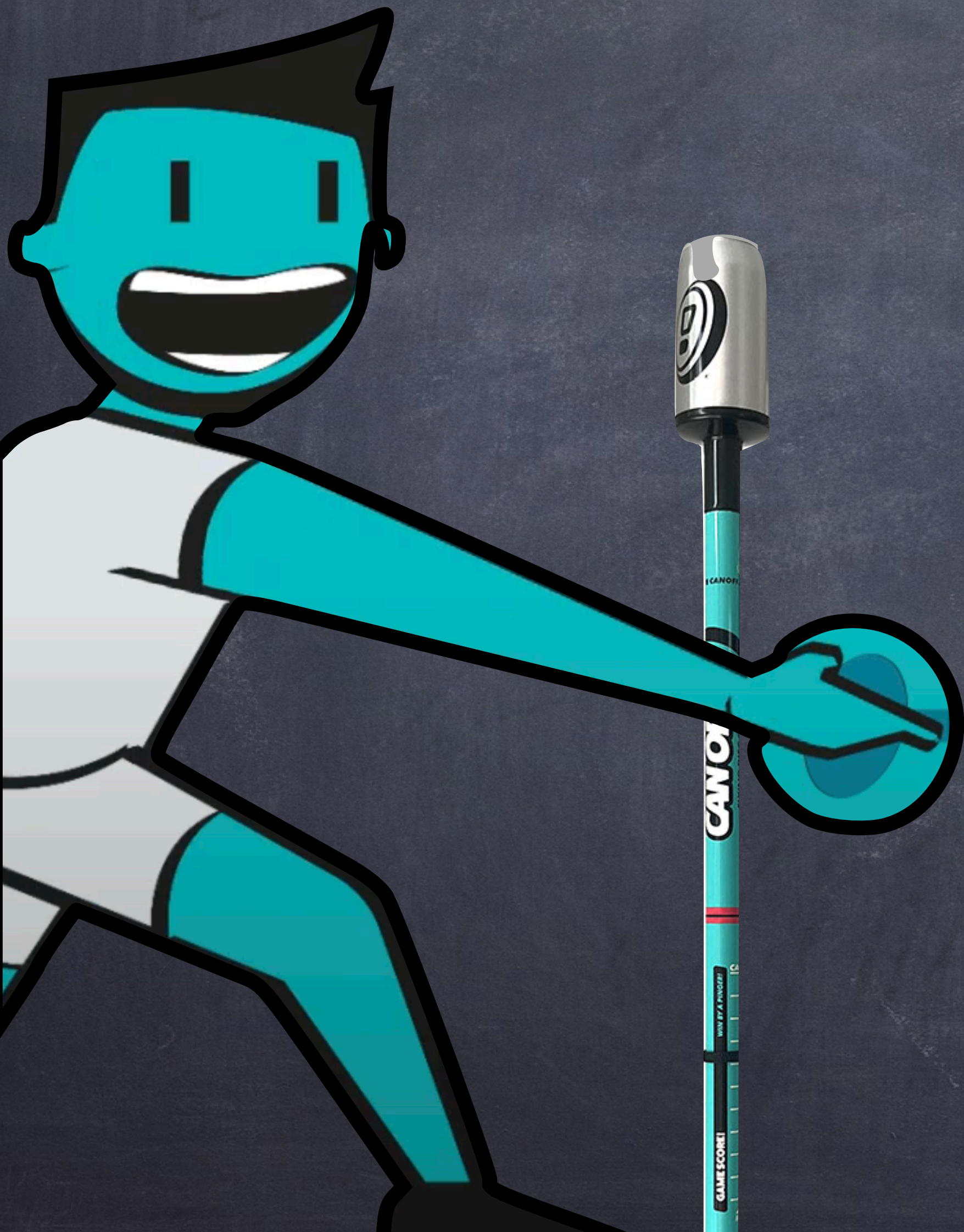


Target Time

Take some time to practice your technique against the target.



Can-Off: Session Two



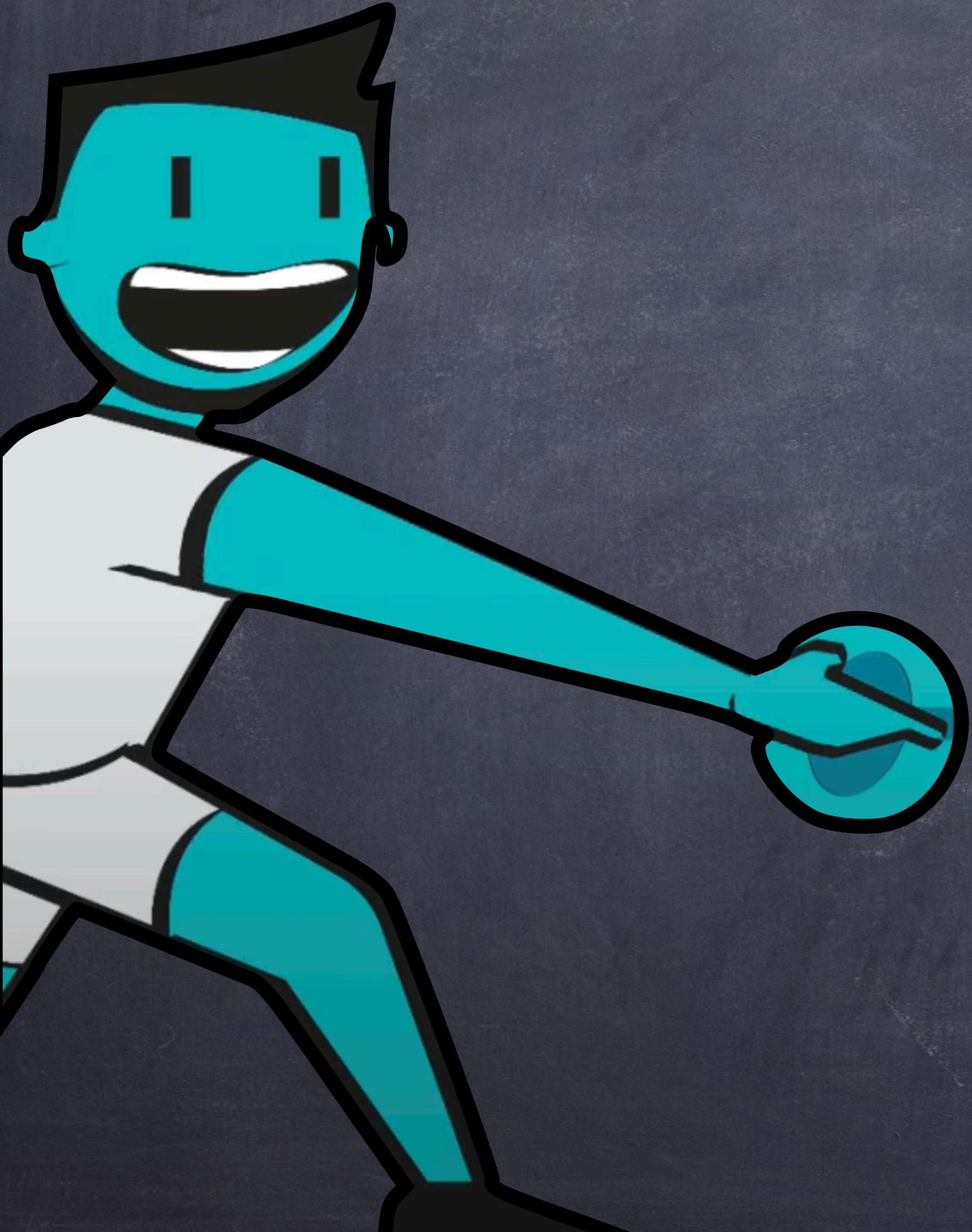
Can-Off: Session Two

Jessica vs Seren-Rose

Freddie vs Adam

Anastasiya vs Emily

Evan vs Mr. Pile



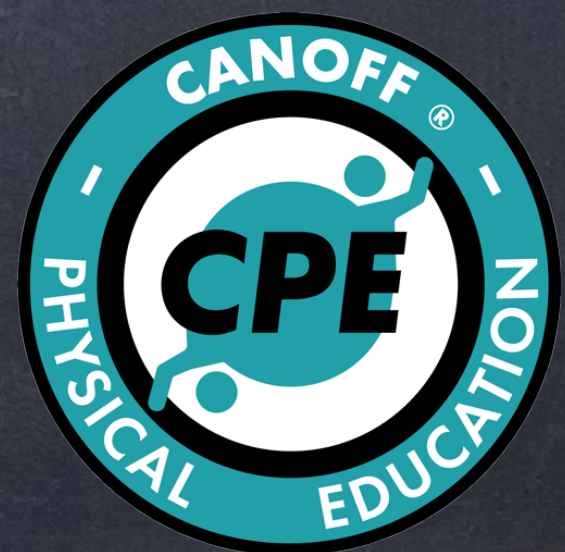
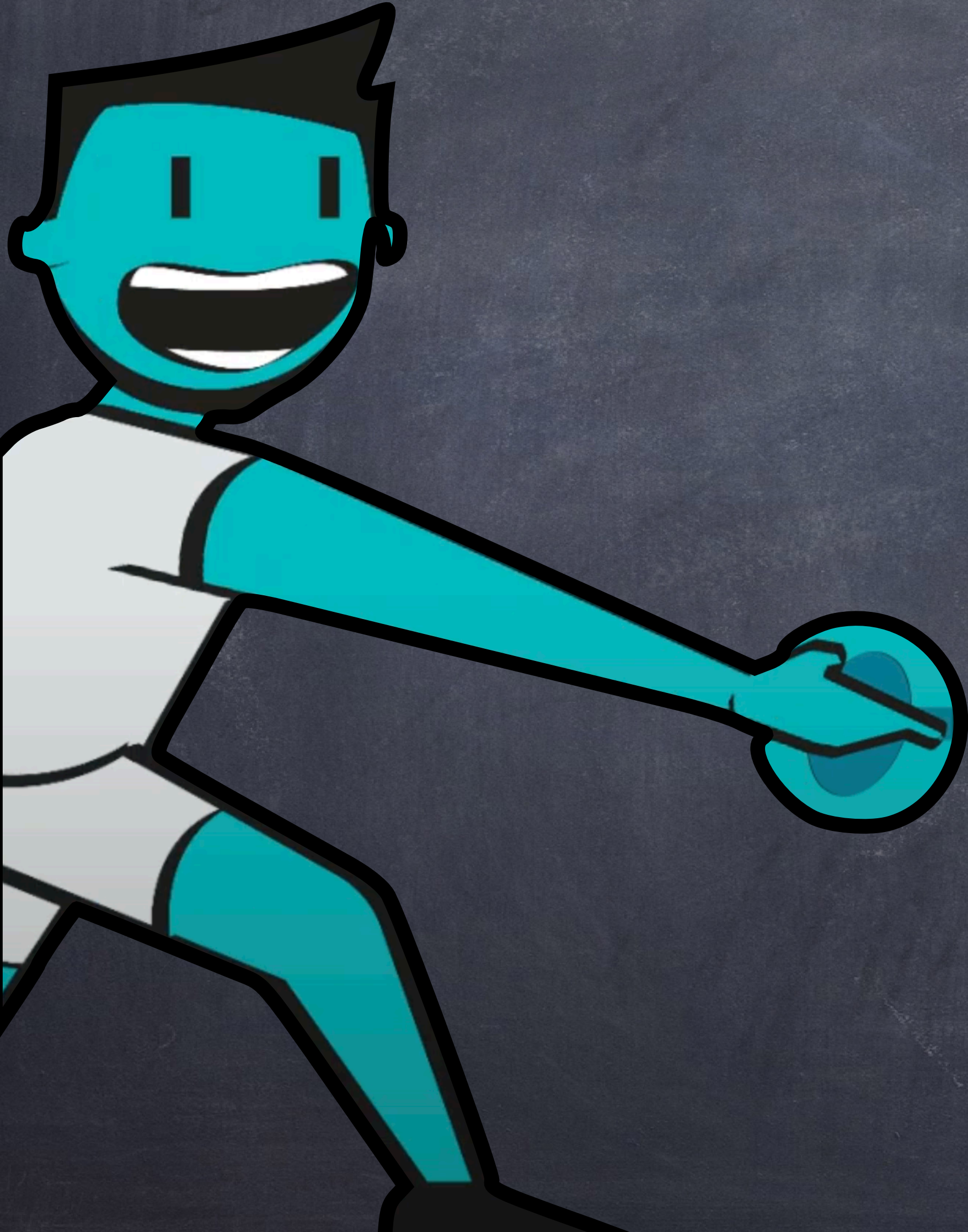
Can-Off: Session Two

Jessica vs Freddie

Seren-Rose vs Adam

Anastasiya vs Evan

Emily vs Mr. Pile



Can-Off: Session Two

Jessica vs Adam

Seren-Rose vs Freddie

Anastasiya vs Mr. Pile

Emily vs Evan

