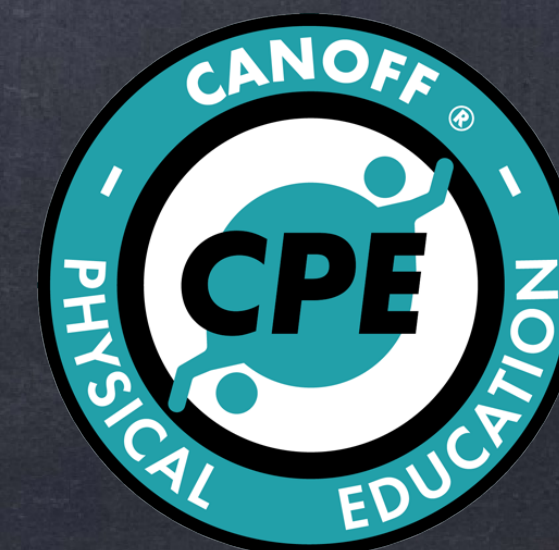
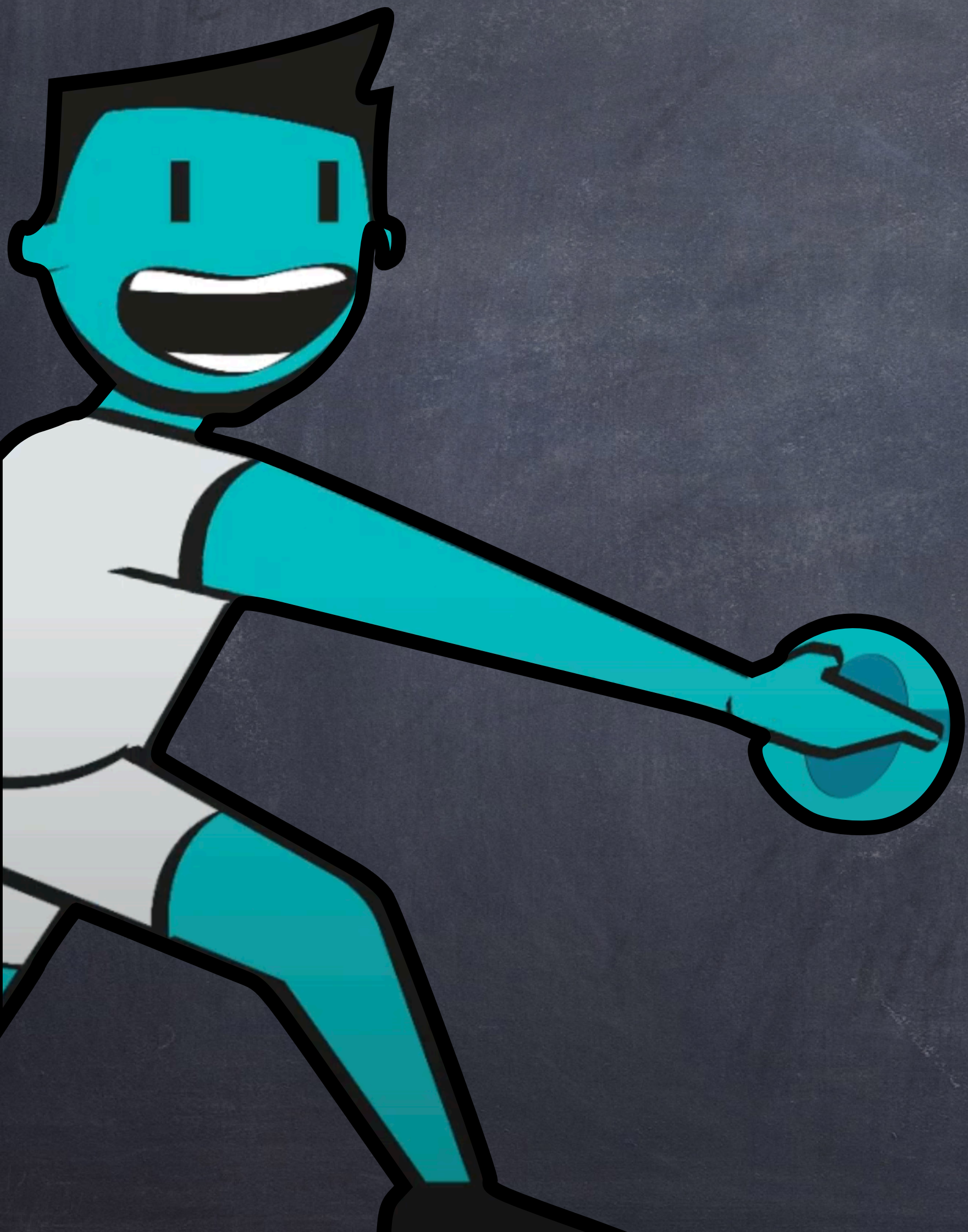
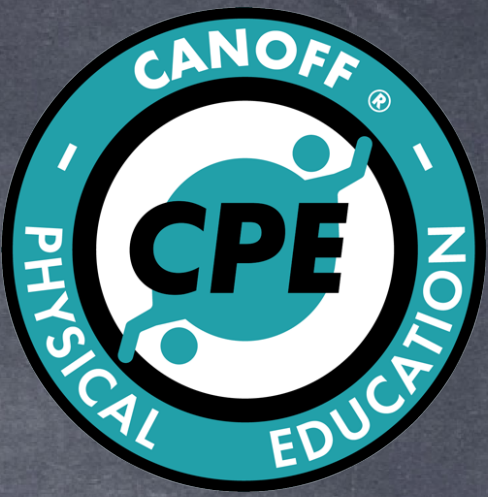


# Can-Off: Session one

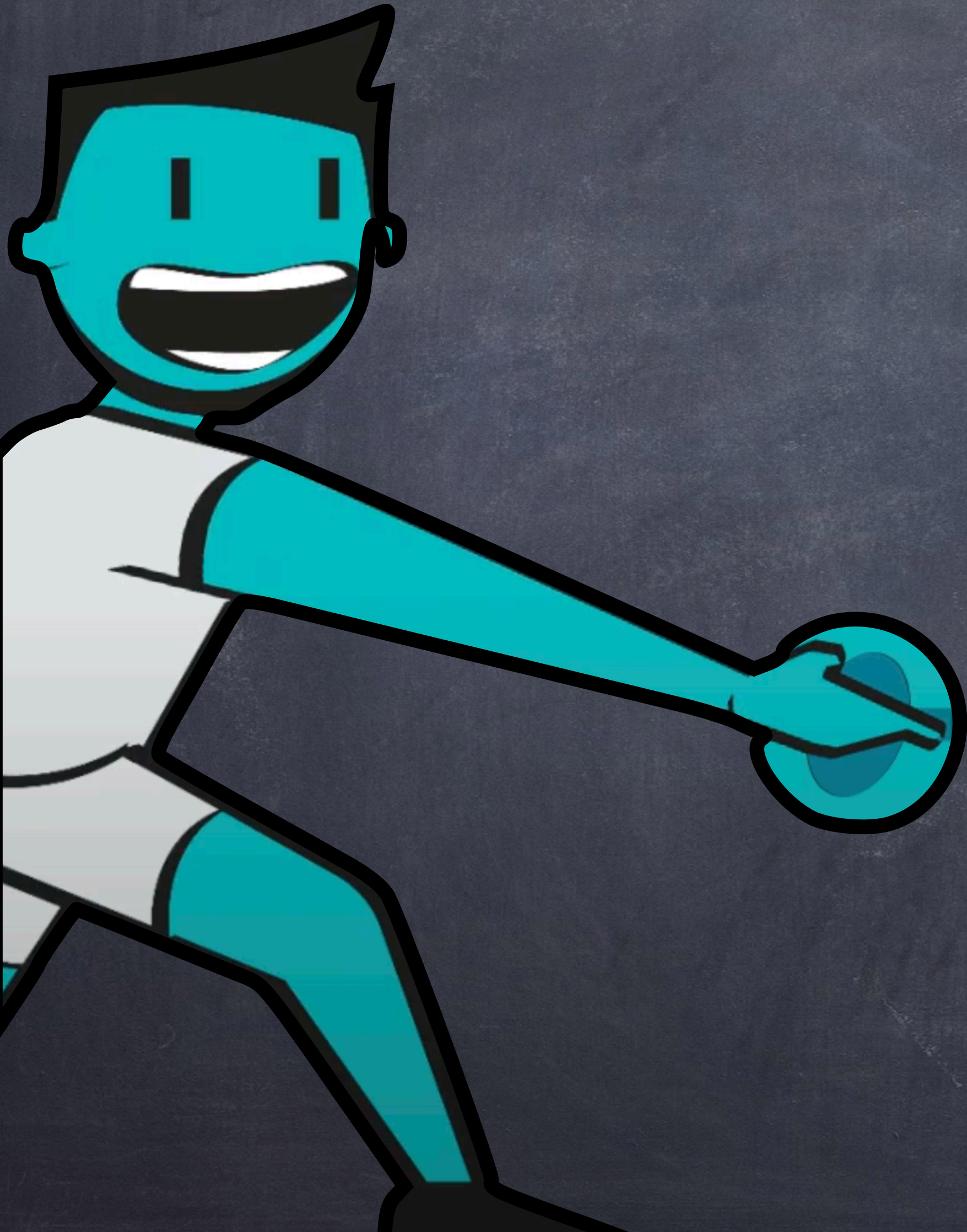
## The Throw



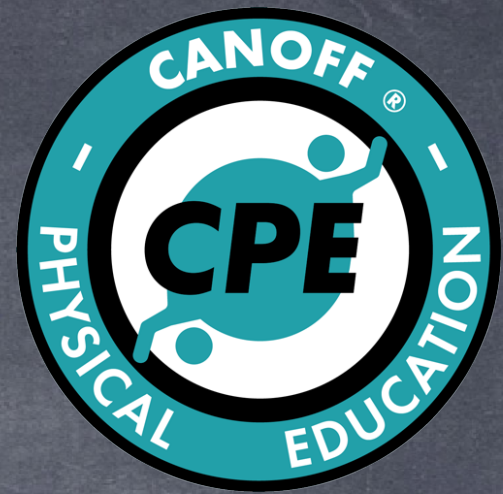
# Can-Off: Session one



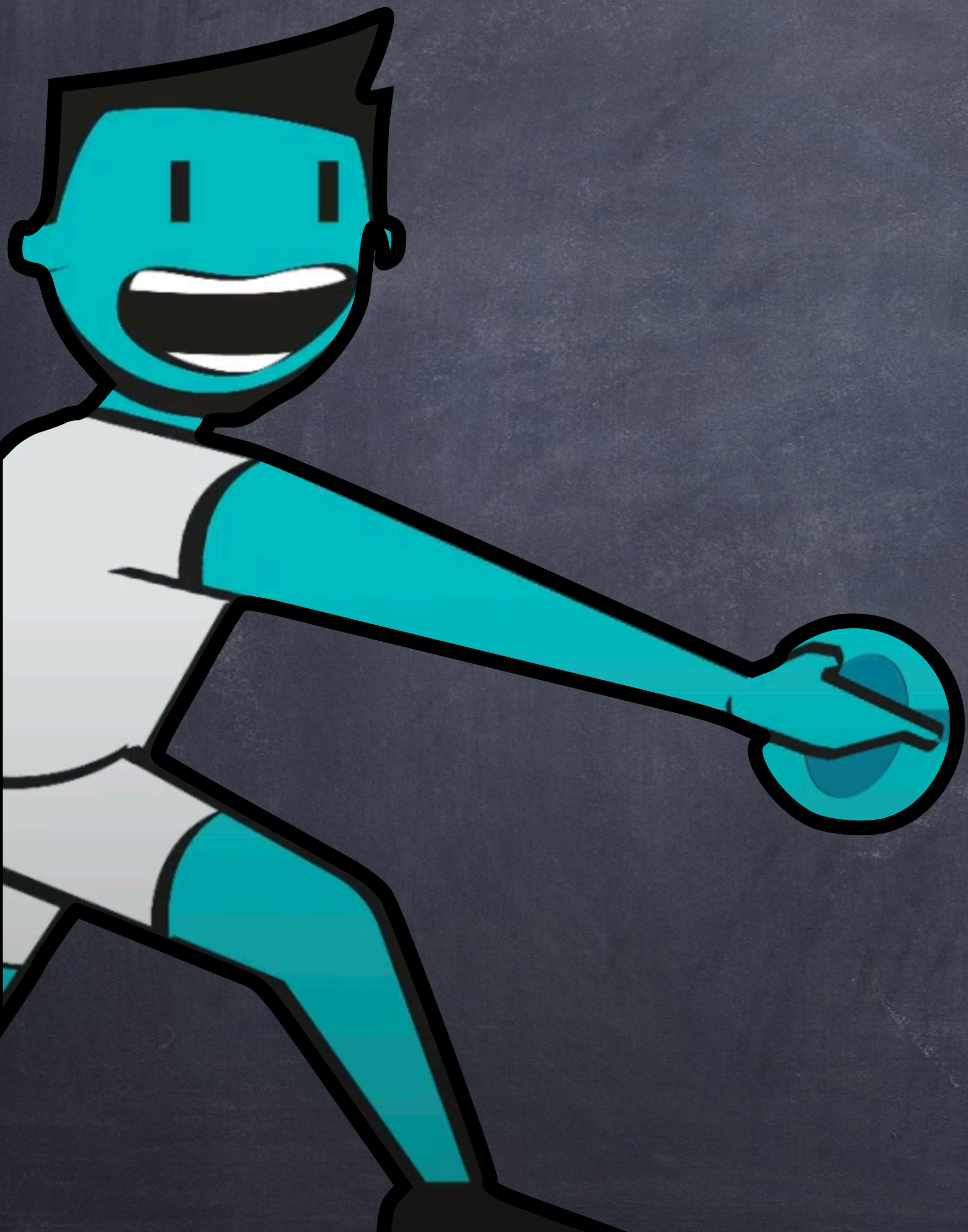
## The Throw



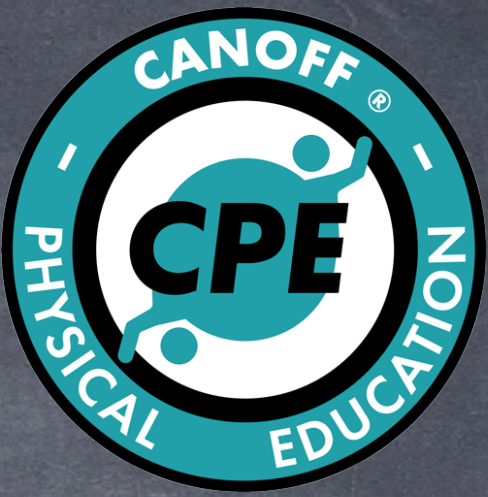
# Can-Off: Session one



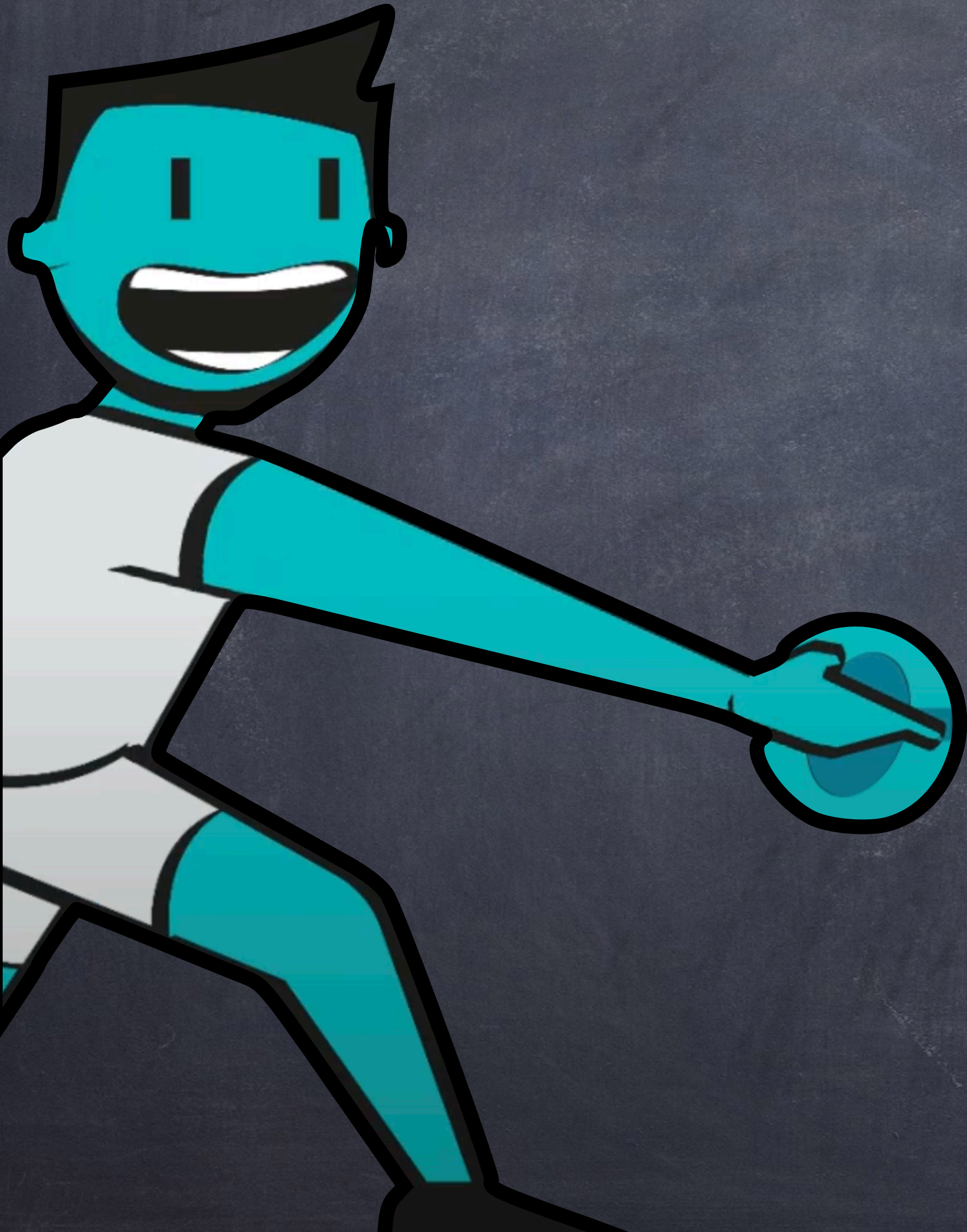
## The Throw



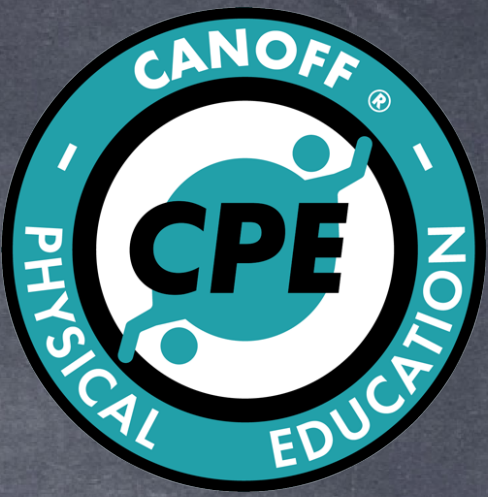
# Can-Off: Session one



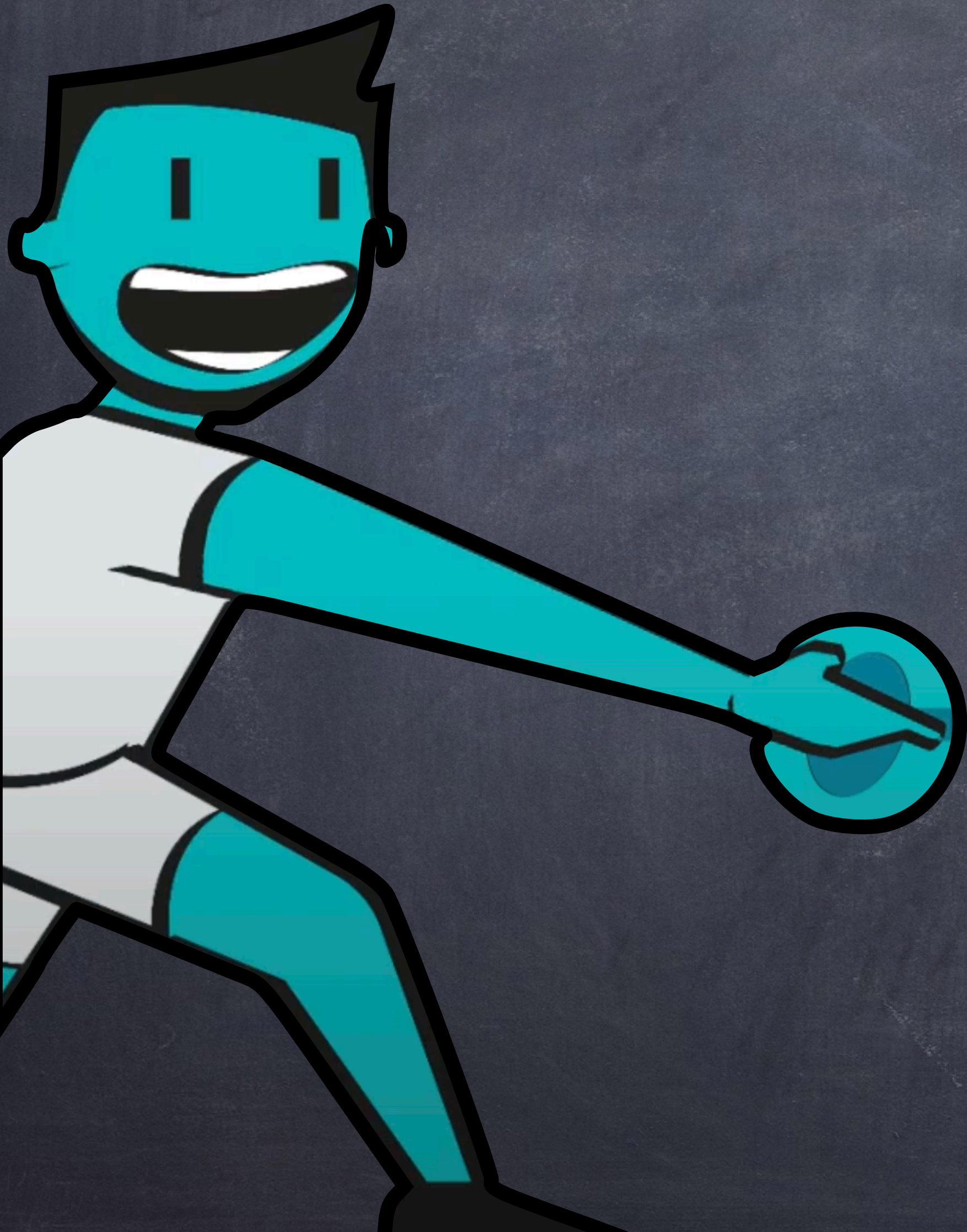
## The Throw



# Can-Off: Session one

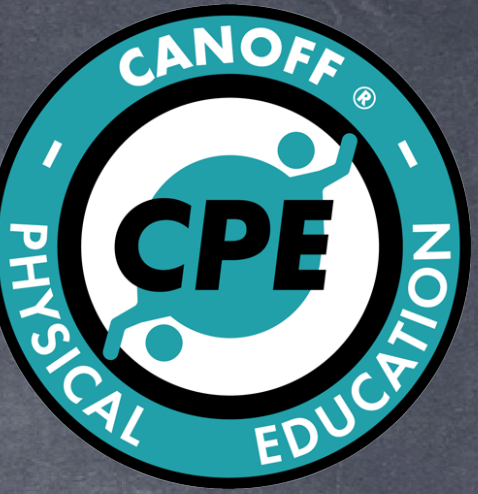


## The Throw

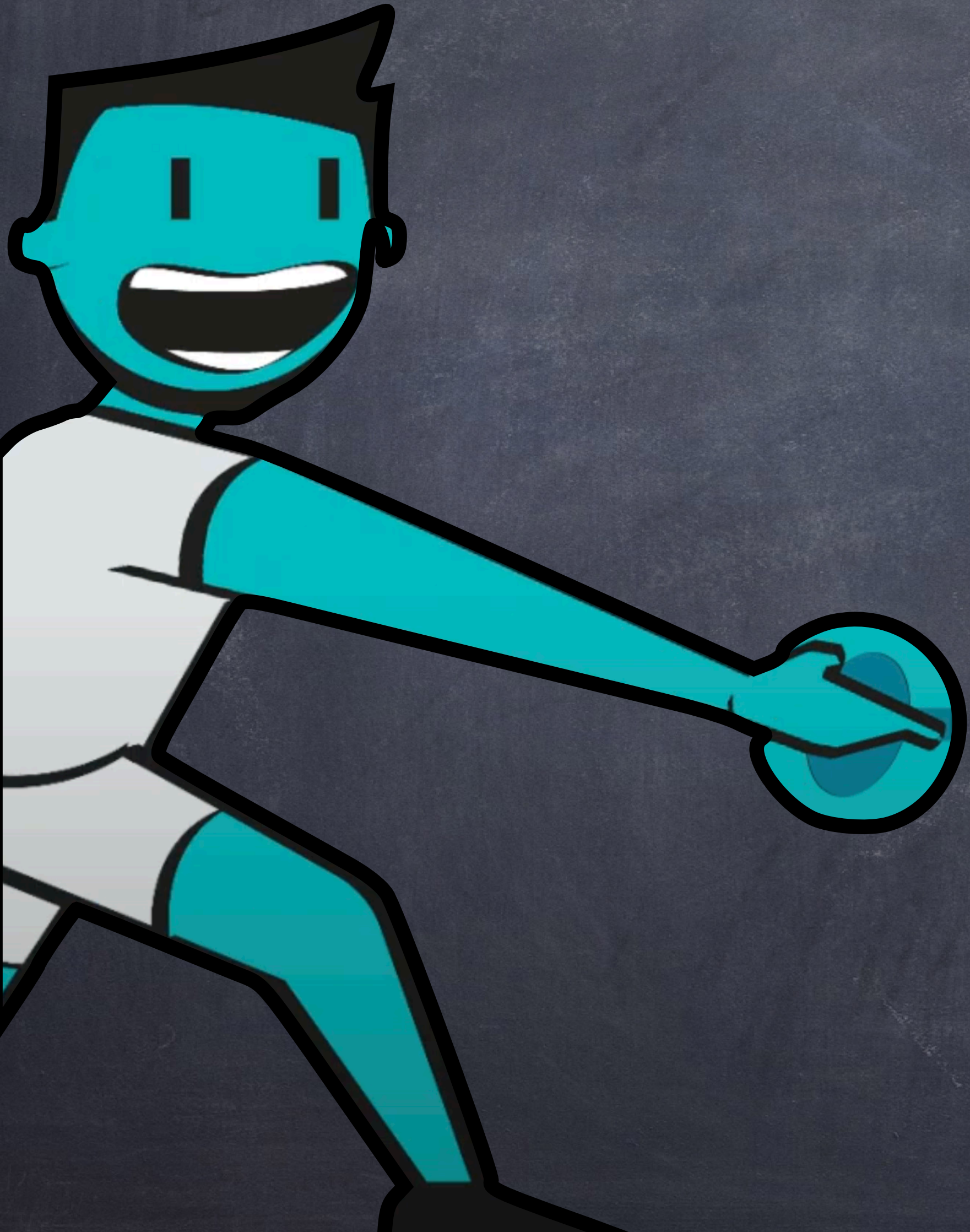


wikiHow to Throw a Frisbee

# Can-Off: Challenge



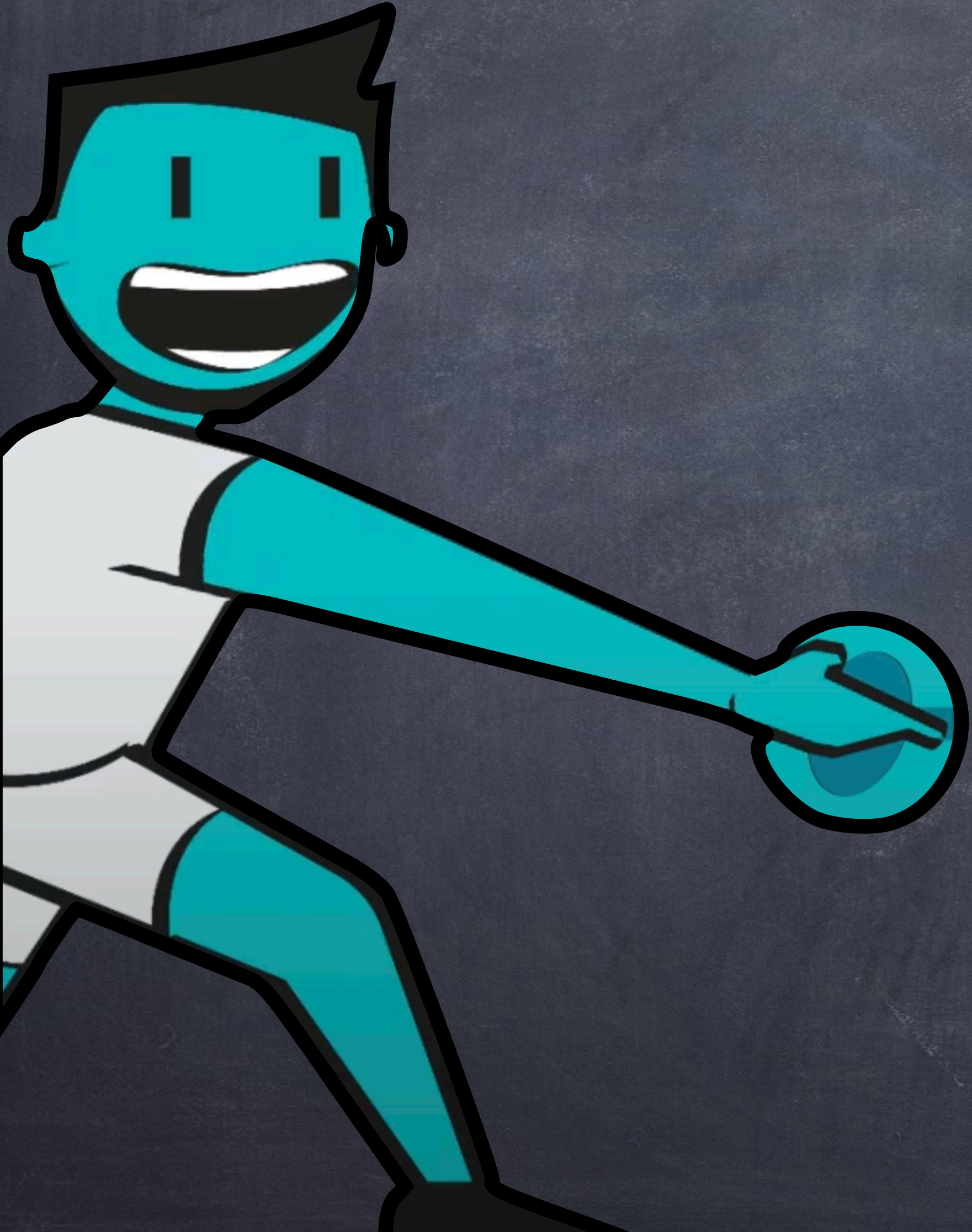
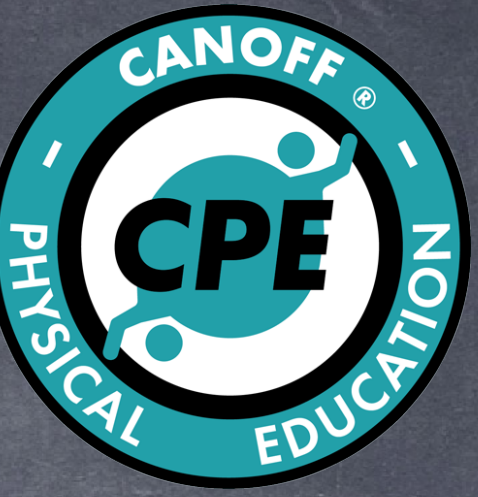
## The Catch



In pairs, how many catches can you make in one minute?

# Can-Off: Challenge

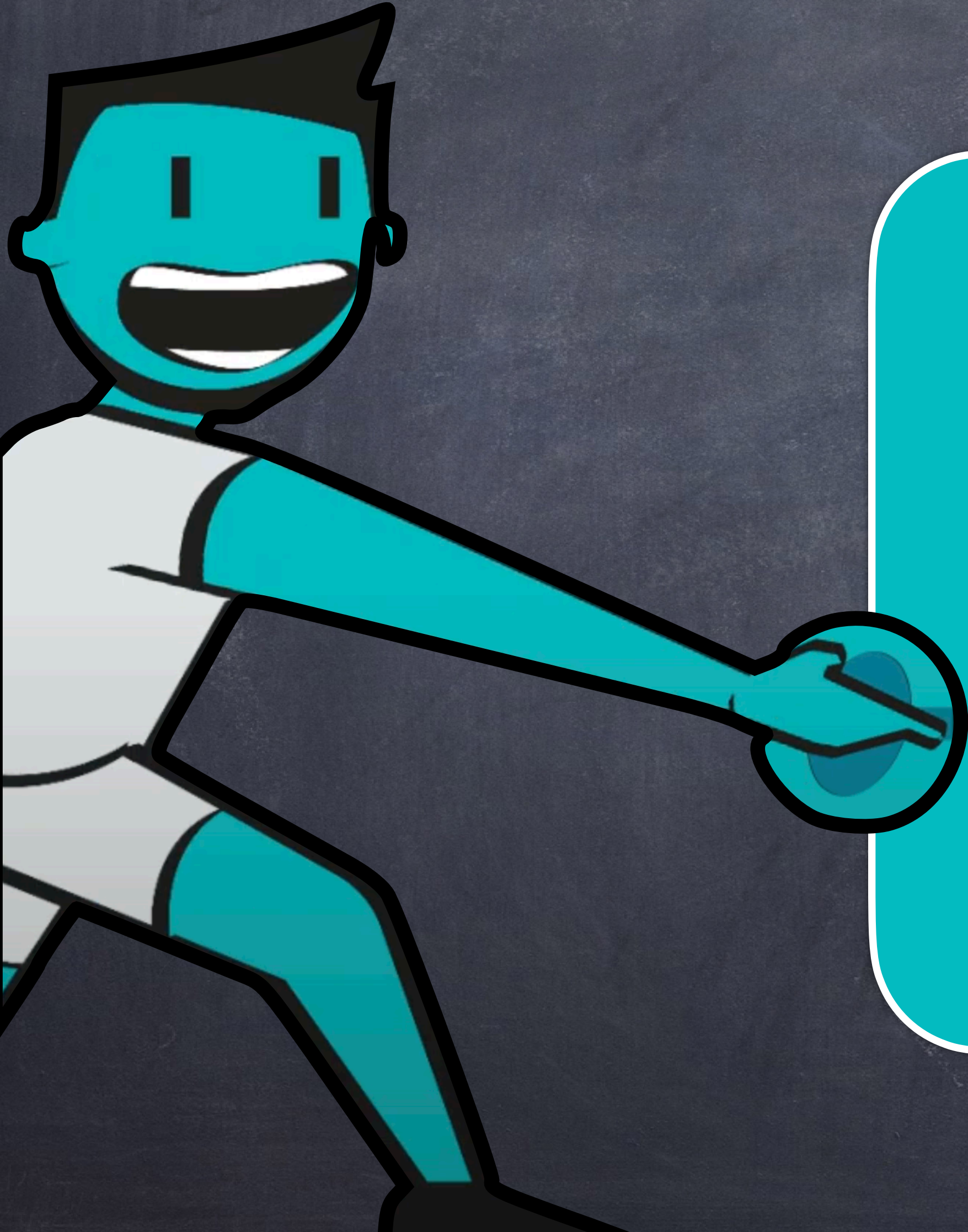
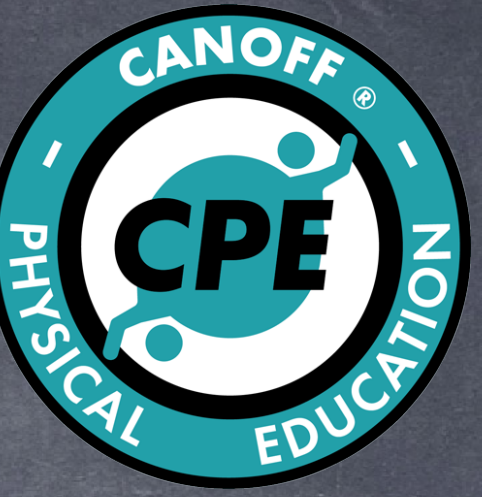
The Catch



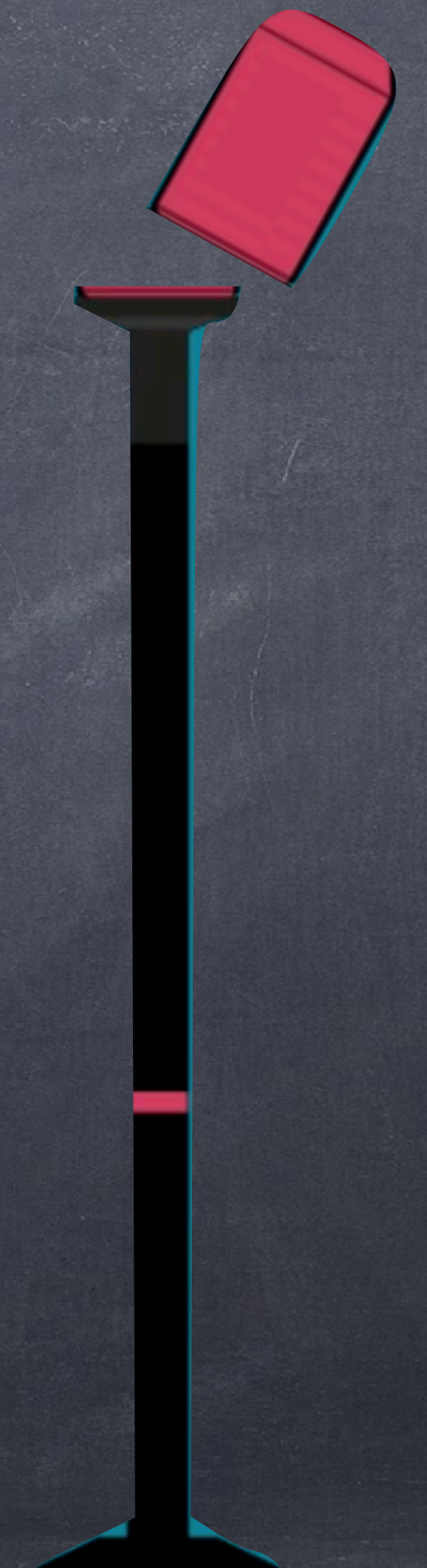
Let's lengthen  
the distance.

# Can-Off: Challenge

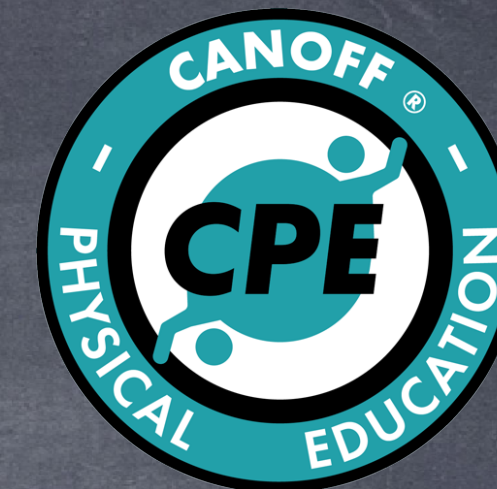
Practice



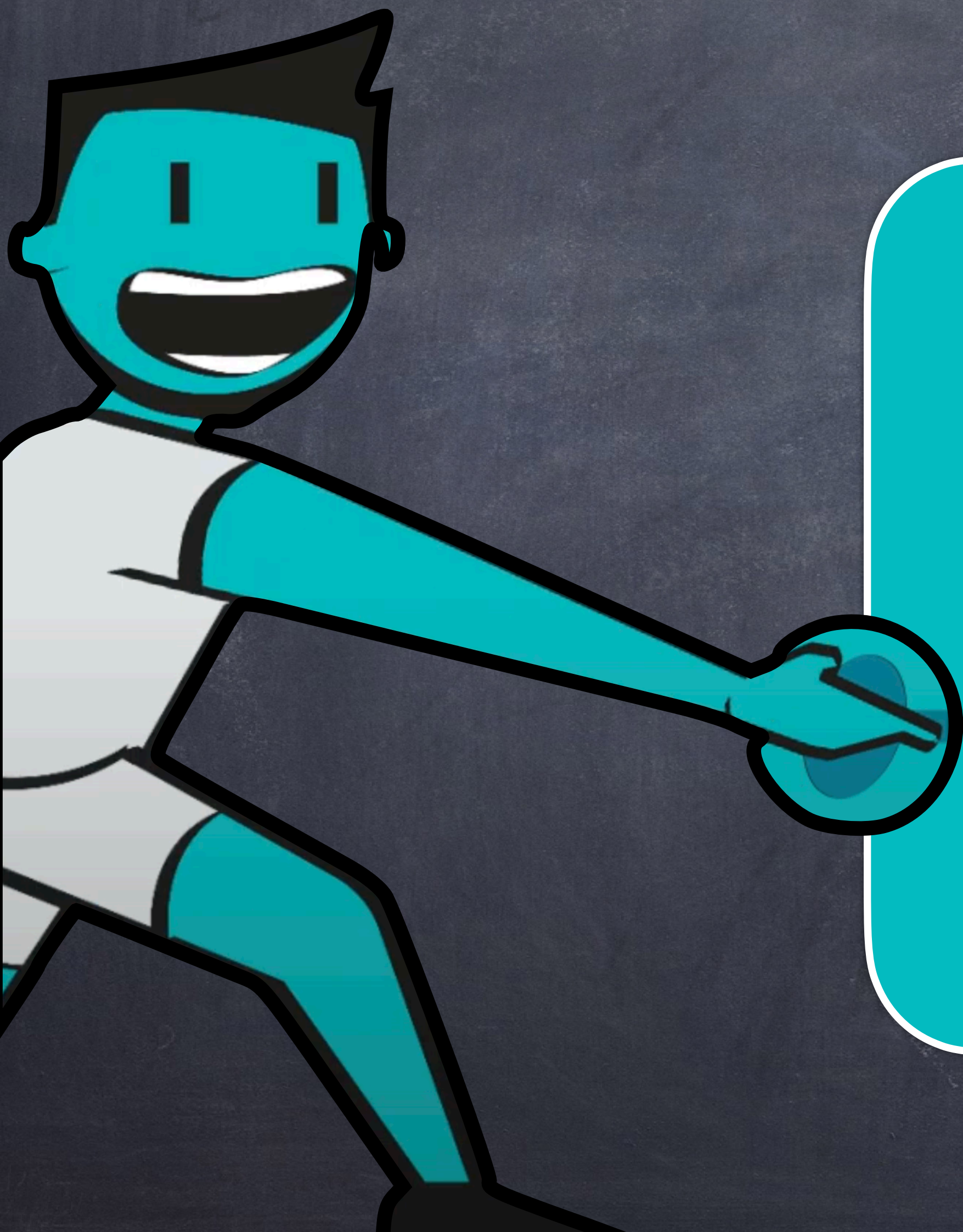
Target  
Time



# Can-Off: Competition



The Game



First  
to 10!

