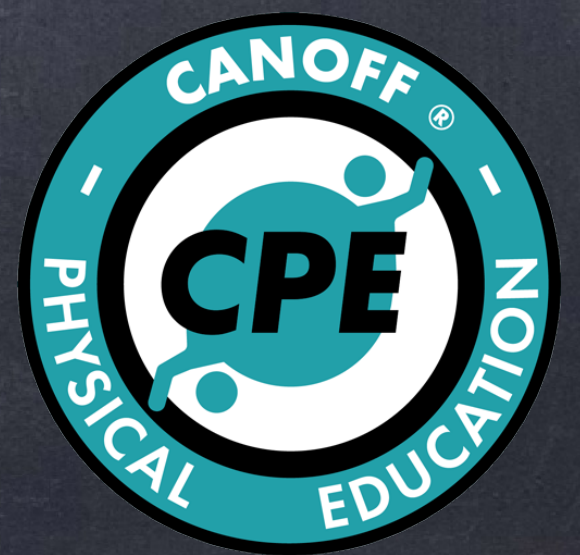
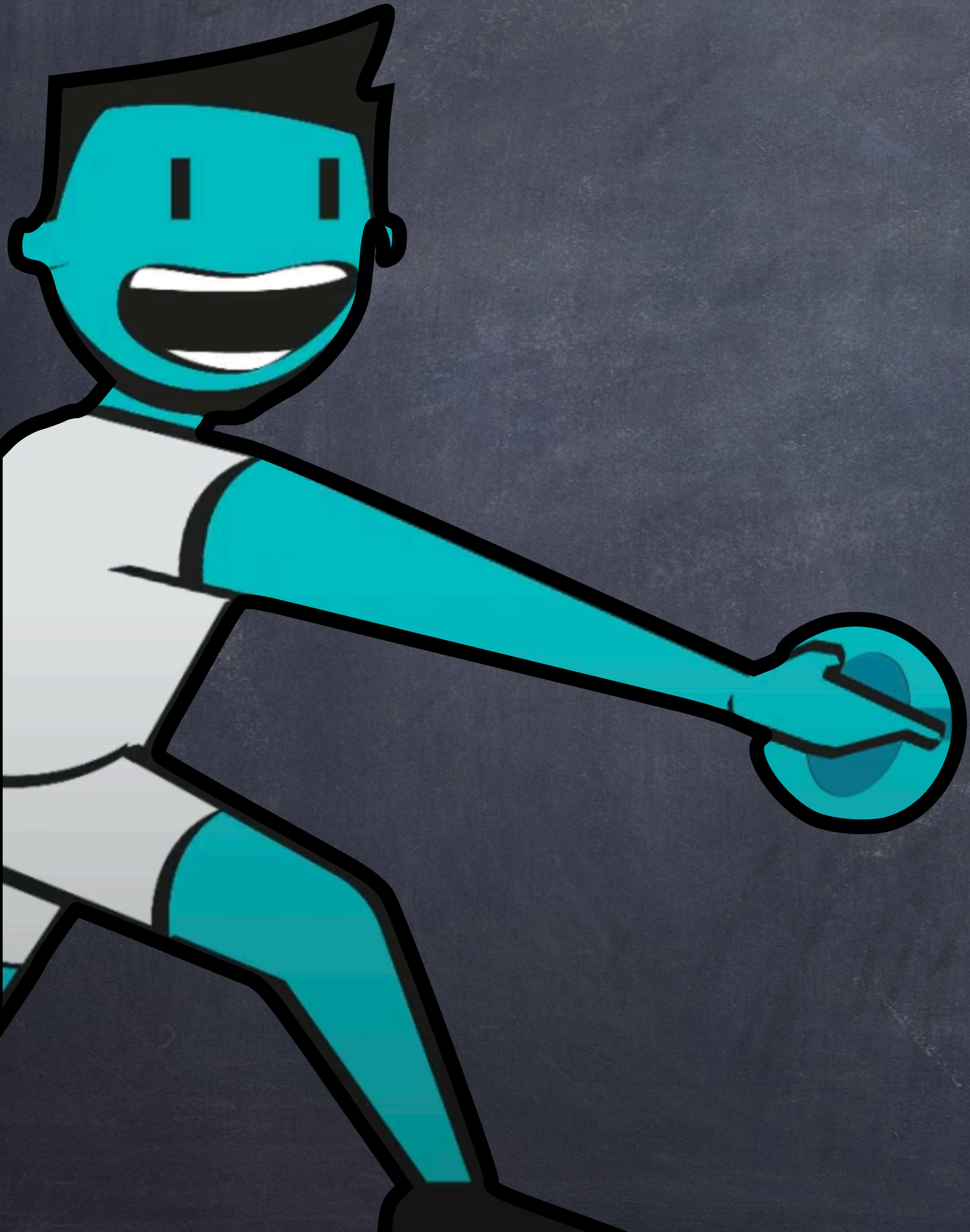
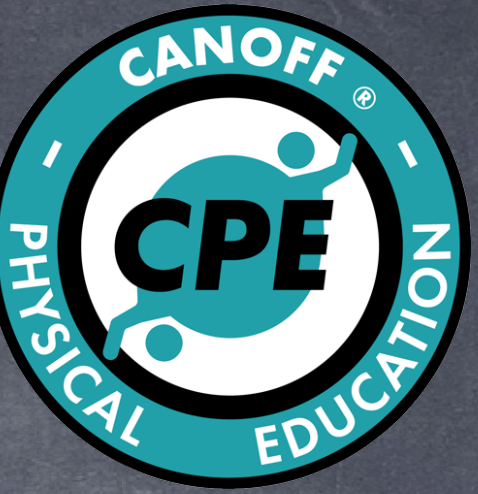


Can-Off: Session Nine



Can-Off: Warm Up

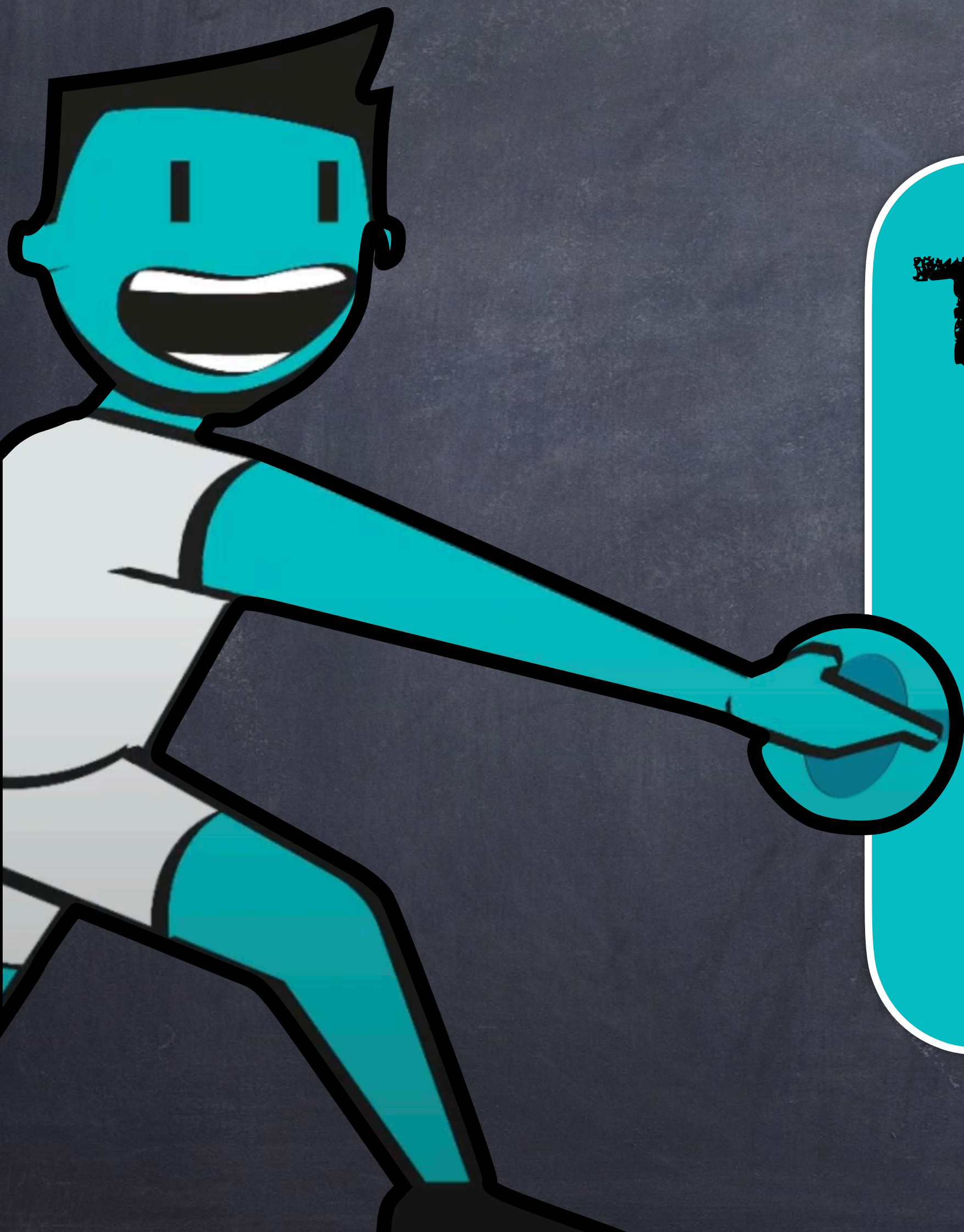
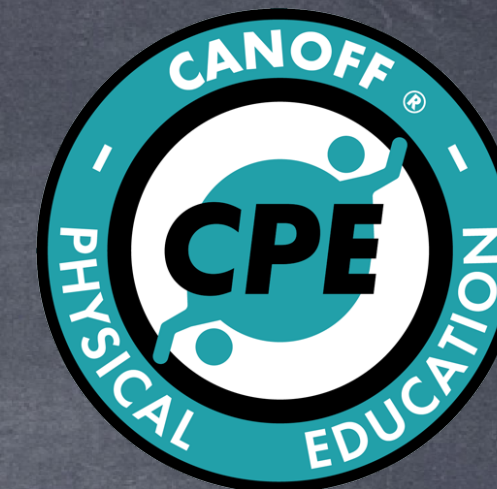
The Catch



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

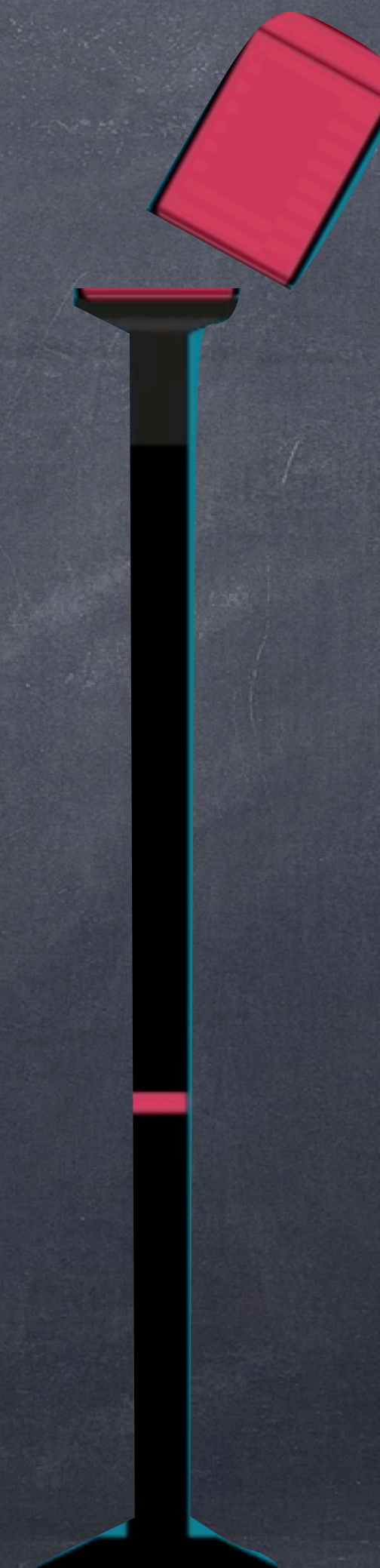
Can-Off: Warm Up

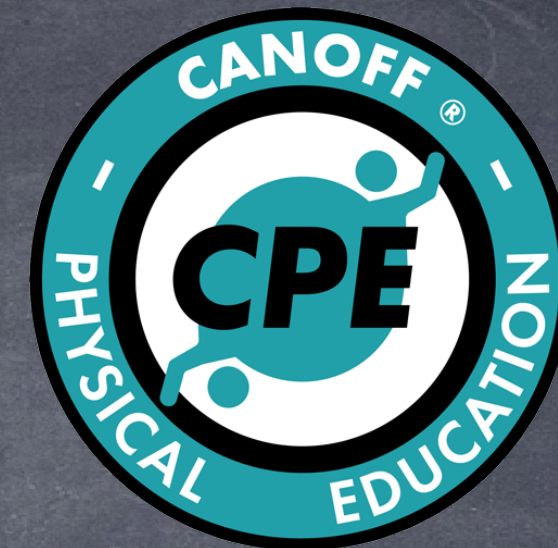
Practice



Target Time

Take some time to practice your technique against the target.





Can-Off: Championship

Games are timed to 5
minutes.

First to 10 points wins

Winners progress to
the next round.

Games:

