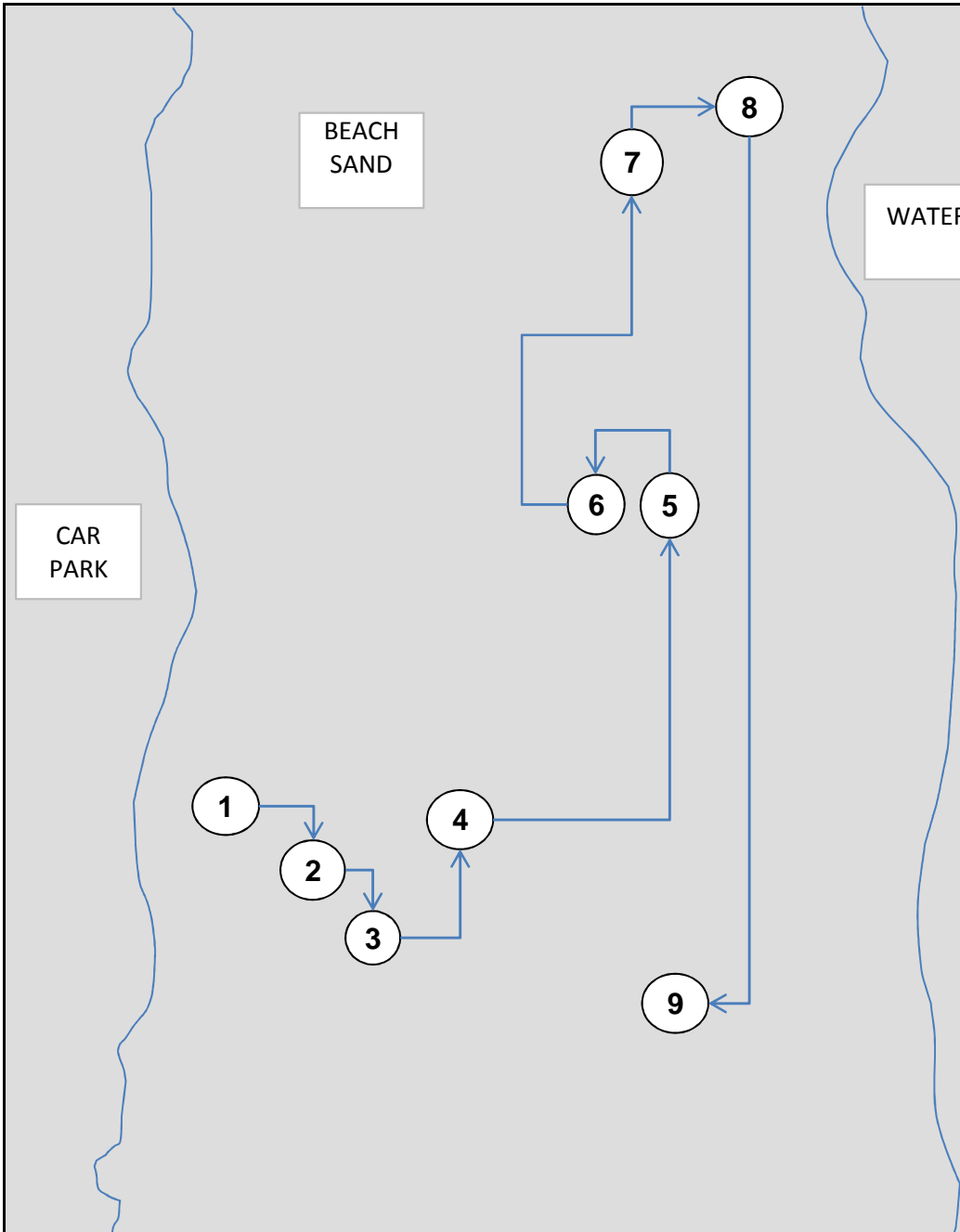


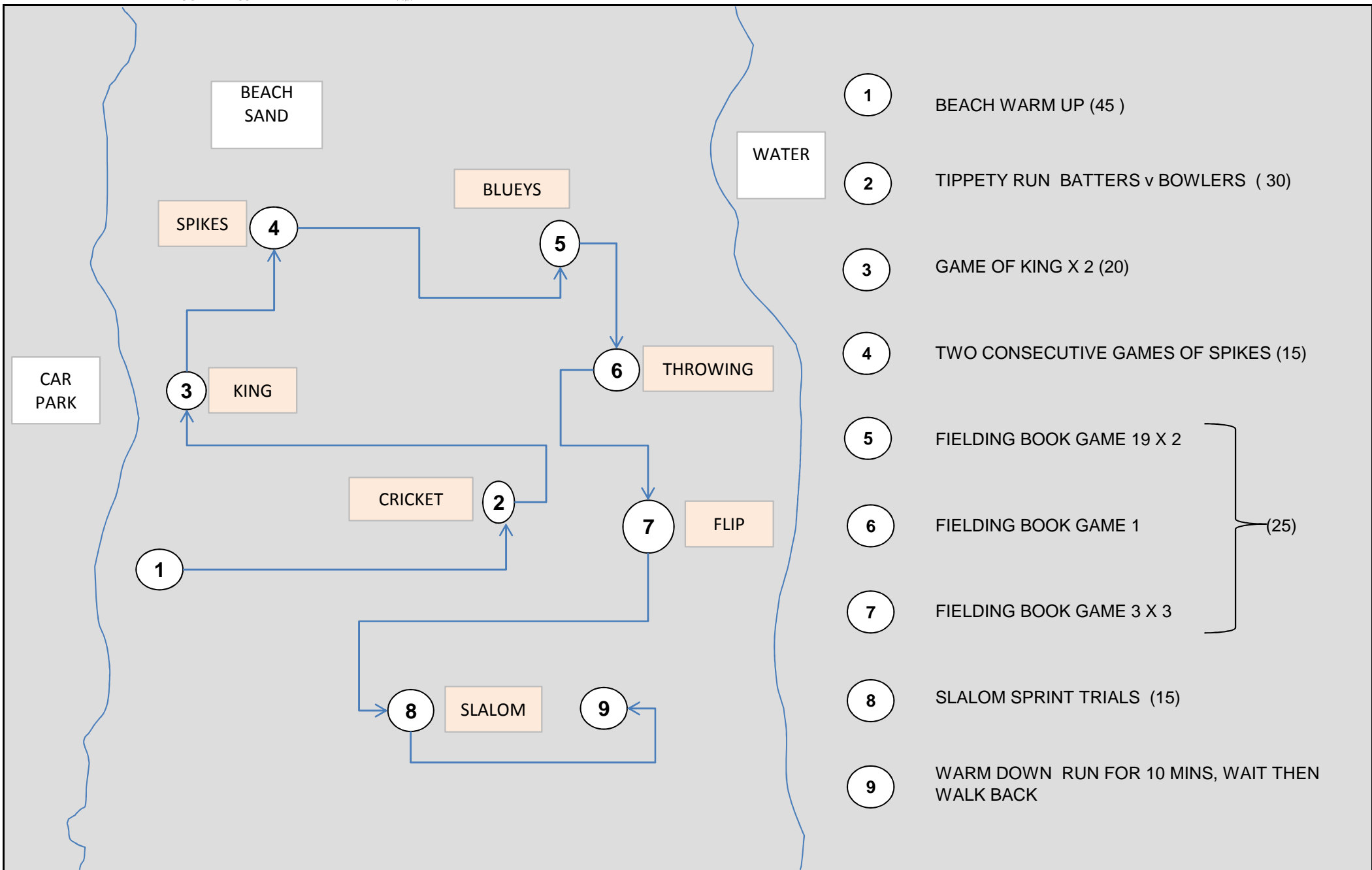
BEACH WARM UP



FIND A P.

- 1 GRAB A BALL THROW 30 THROWS AT 10 METRES
- 2 EXTEND THROWS TO 25 METRES (30)
- 3 3 MINS UNDER ARM CATCHING FROM 2 METRES
- 4 RUN AND CATCH 20 METRES X 5 REPS X 4 SETS
- 5 RUN AND CHASE UP THE BEACH FOR 20 THROWS
- 6 GRAB PARTNER AND THROW 20 METRES (30)
- 7 3/4 SPRINT AND CHASE UP THE BEACH FOR 30 THROWS THEN RUN BACK TOGETHER TO THE START
- 8 100 ROCKET CATCHES WITH PARTNER
- 9 5 MINS GROUP UNDER ARM RELAY THROWS AND CATCH

BEACH PROGRAMME



- 1 BEACH WARM UP (45)
- 2 TIPPETY RUN BATTERS v BOWLERS (30)
- 3 GAME OF KING X 2 (20)
- 4 TWO CONSECUTIVE GAMES OF SPIKES (15)
- 5 FIELDING BOOK GAME 19 X 2
- 6 FIELDING BOOK GAME 1
- 7 FIELDING BOOK GAME 3 X 3
- 8 SLALOM SPRINT TRIALS (15)
- 9 WARM DOWN RUN FOR 10 MINS, WAIT THEN WALK BACK