



Practise running in and picking the ball up quickly so that you have it under control and ready to throw.







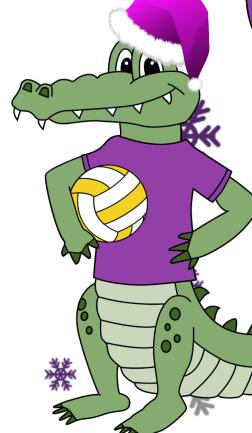


















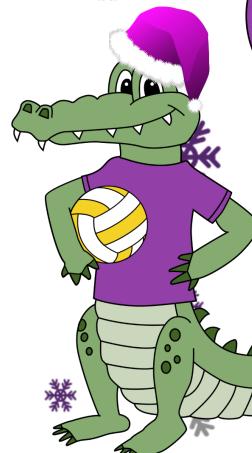






teacher?















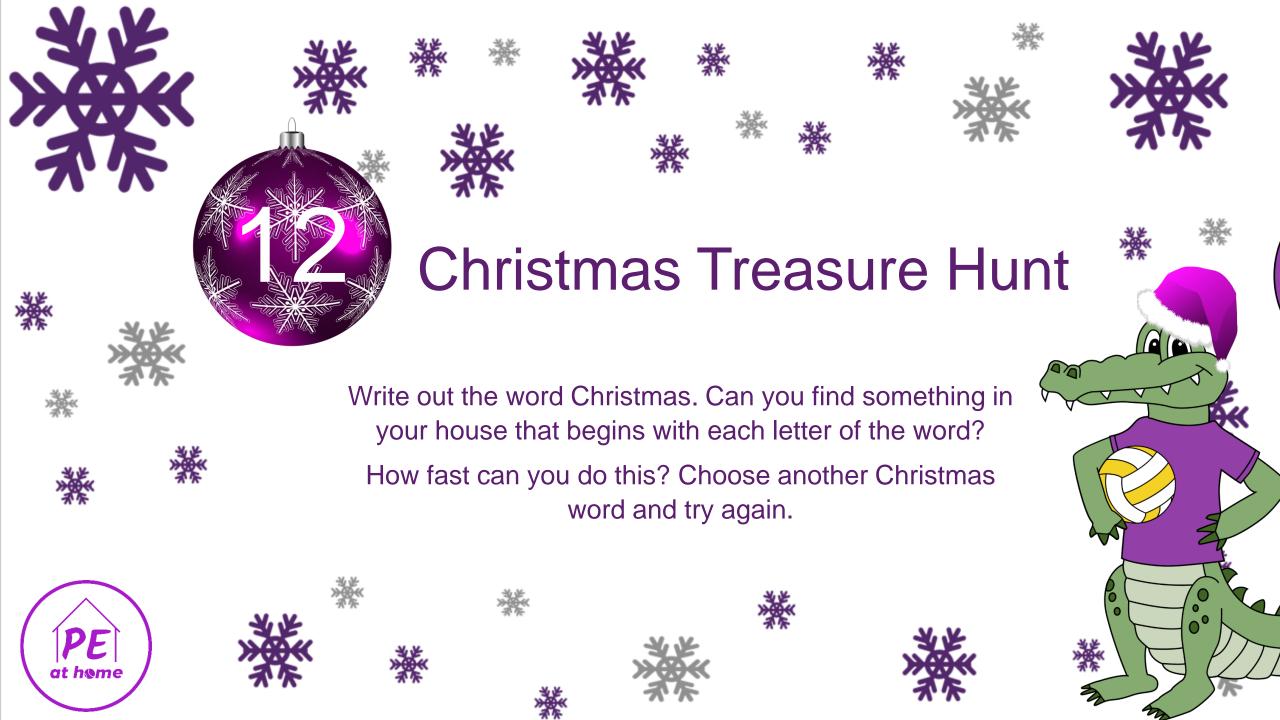


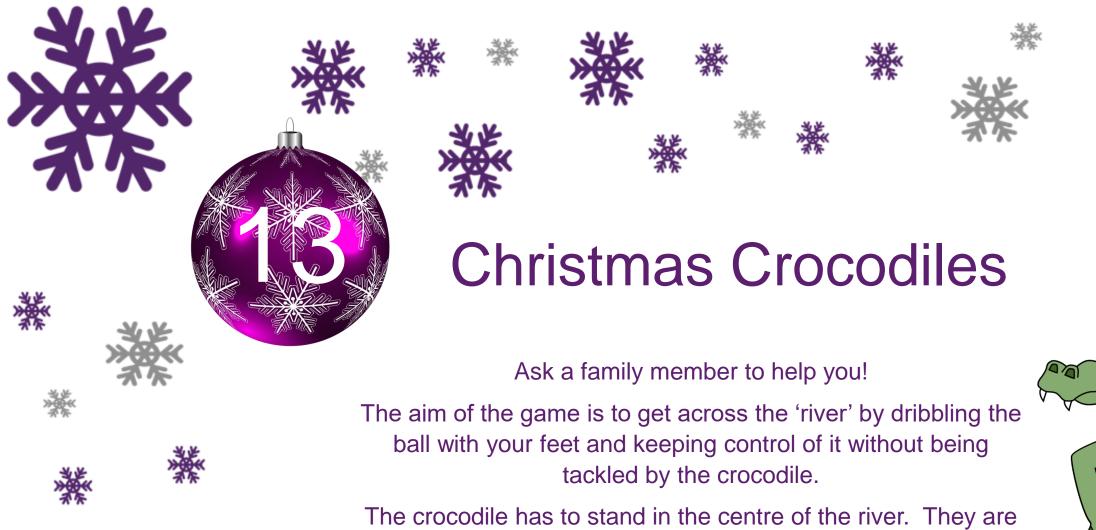
























only allowed to move side to side.







