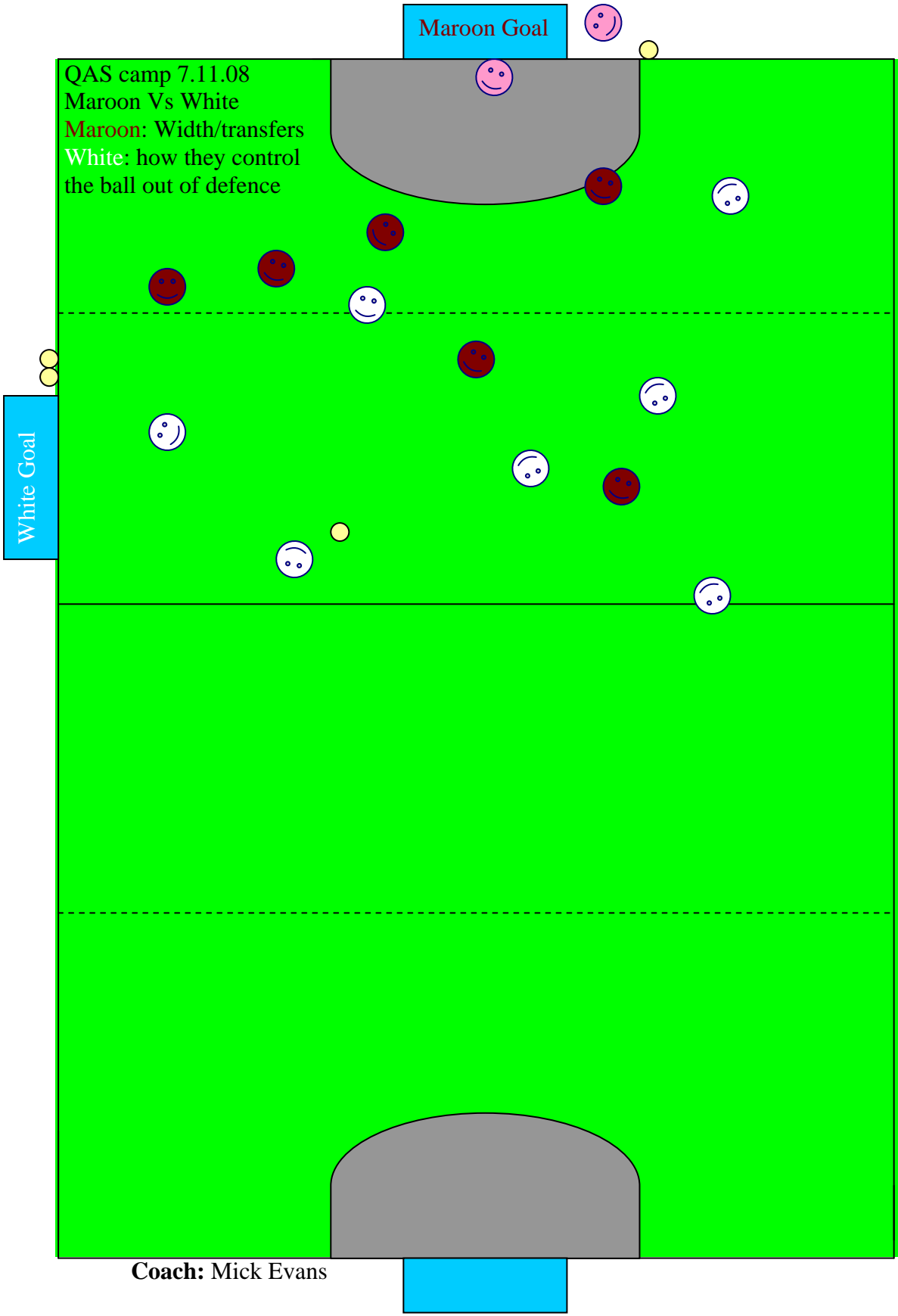
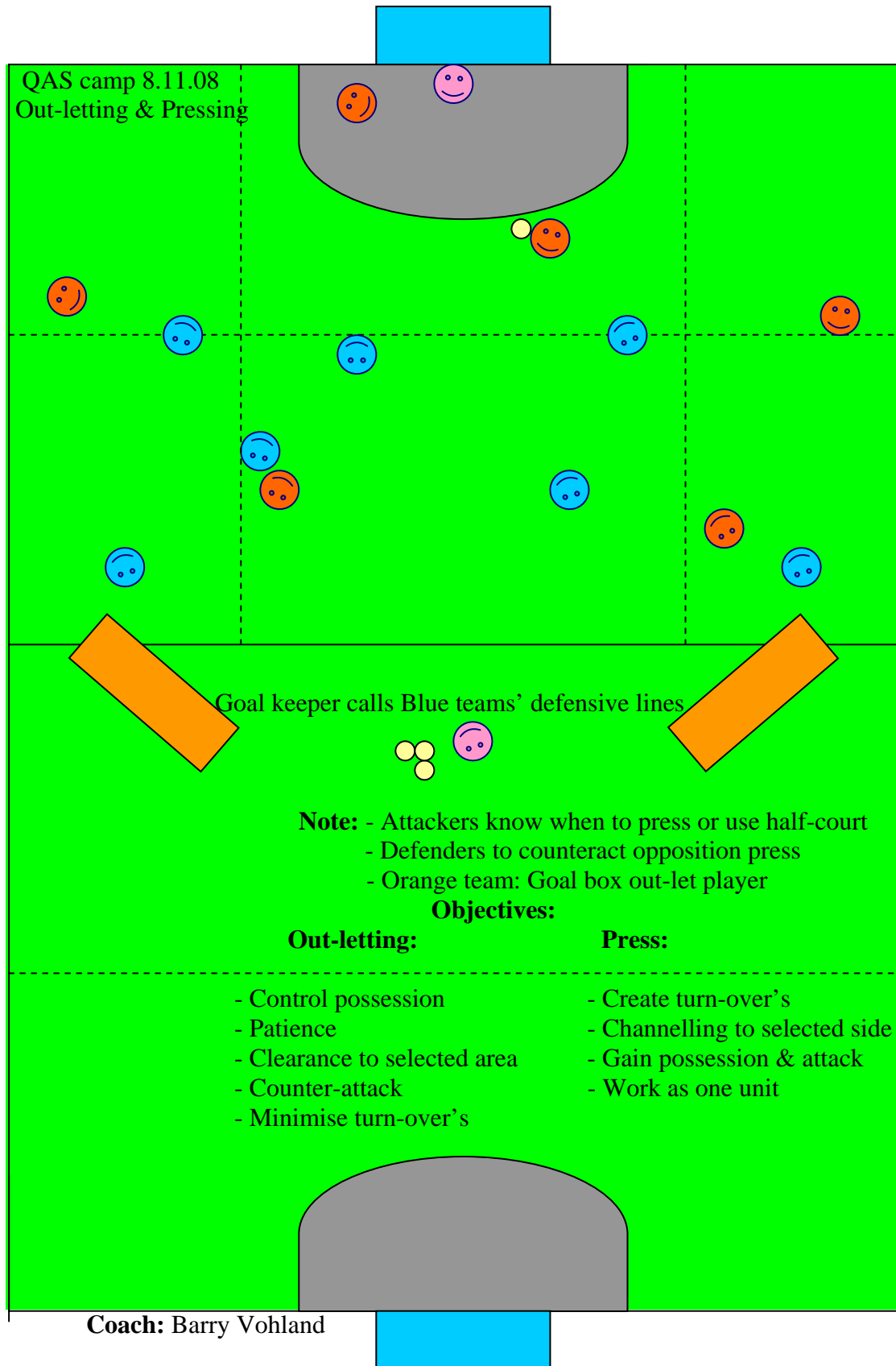


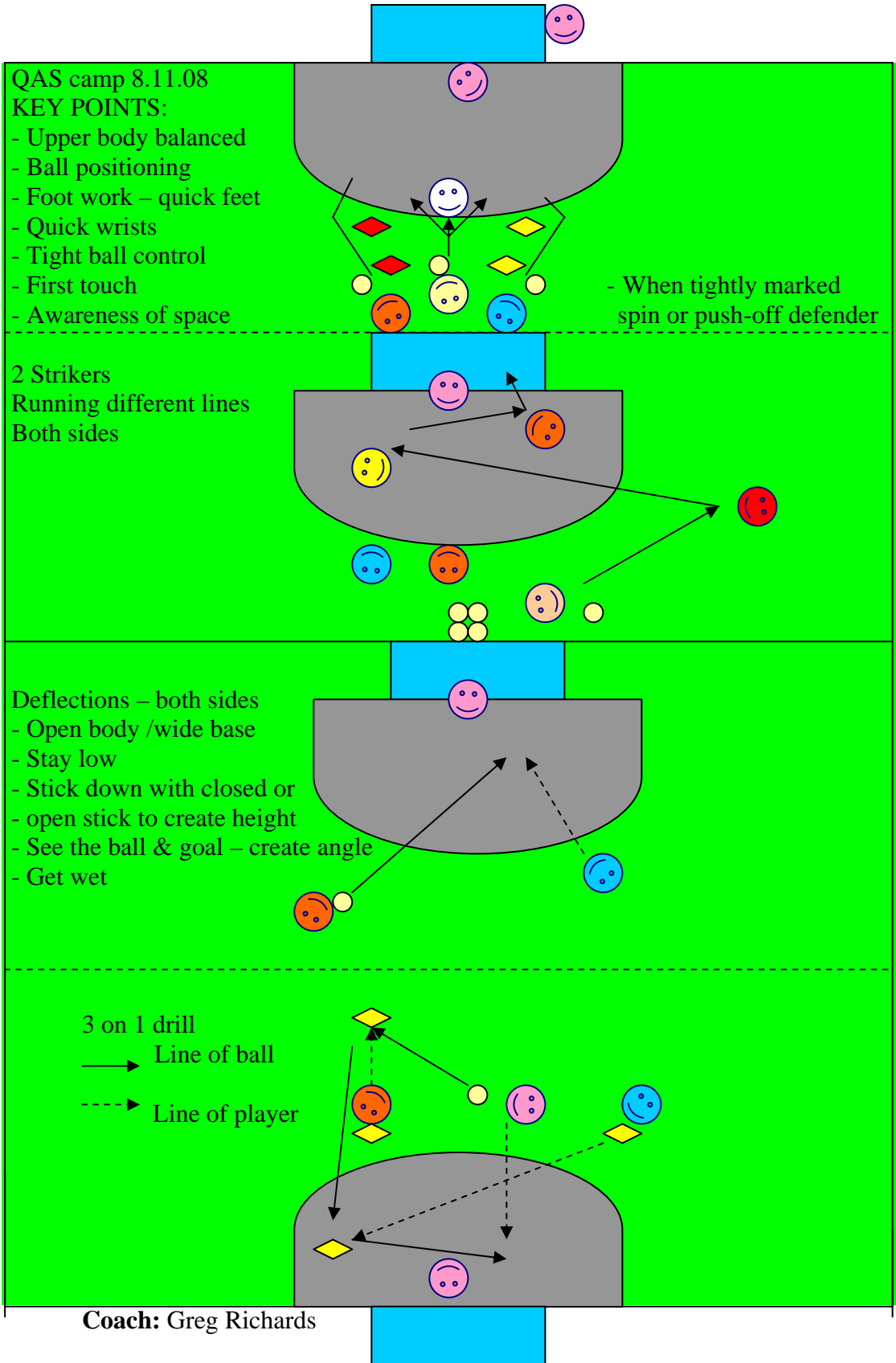
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QAS camp 9.11.08

1. Warm-up
2. Quick-step-ladder
3. Peripheral vision exercise
4. Basic skills endurance base
5. Skim & shave/1 on 1 tackling skills
6. 5 on 4 - Game scenarios
Left-Middle-Right sides
7. Warm-down

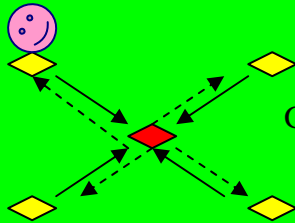
Points to discuss:

Attack:

1. Attack- when to press
2. Rotations/create space

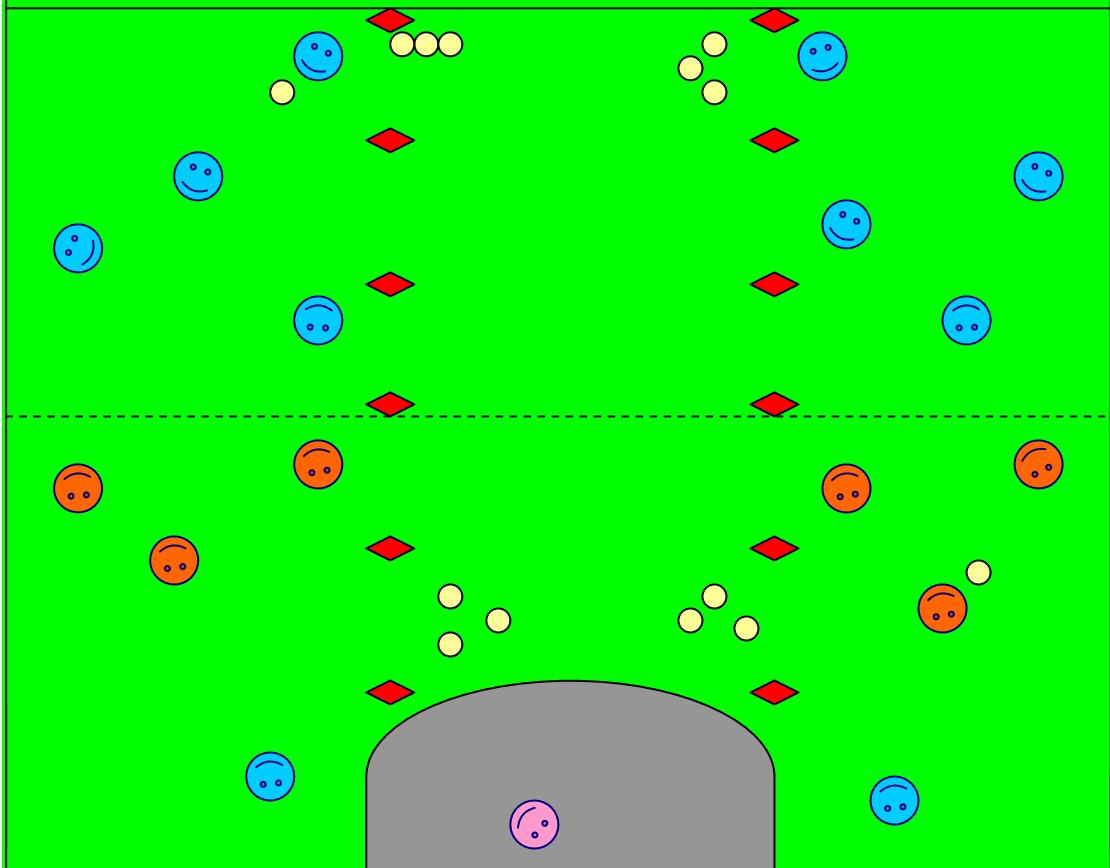
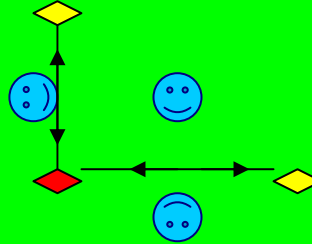
Defence:

1. Man to man/zone
2. Def- create 2 on 1
3. Quick transition



Goal-keeper drill
2 sets 5 reps

Peripheral vision drill



Coach: Neil Shearer

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