



STRENGTH & CONDITIONING



FRIENDSHIPS



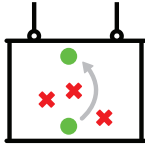
**RUNNING,
JUMPING,
THROWING**



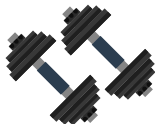
NUTRITION & HYDRATION PRACTICES



15-A-SIDE GAMES



TACTICAL AWARENESS



PHYSICAL FITNESS



**AGILTY,
BALANCE,
CO-ORDINATION**



7-A-SIDE GAMES



WINNING



**CATCHING,
PASSING, KICKING,
STRIKING**



TEAM PLAY



COMPETITION



SKILL REFINEMENT



FUN
