

# Ladies 19-02-19

## Warmup

1. Netball
2. Triangles (4 pax) passing – forehand/backhand
3. Squares (3 pax) passing – forehand/backhand

## Games

1. 4 goal 3,2,1 touch – prescan and move – with transition  
– another 4 on the outside  
3 secs on the ball max of 3 touches
2. 16's – 2v3 with keeper – 5
3. 2 channel – 3 touch and looking for transfers