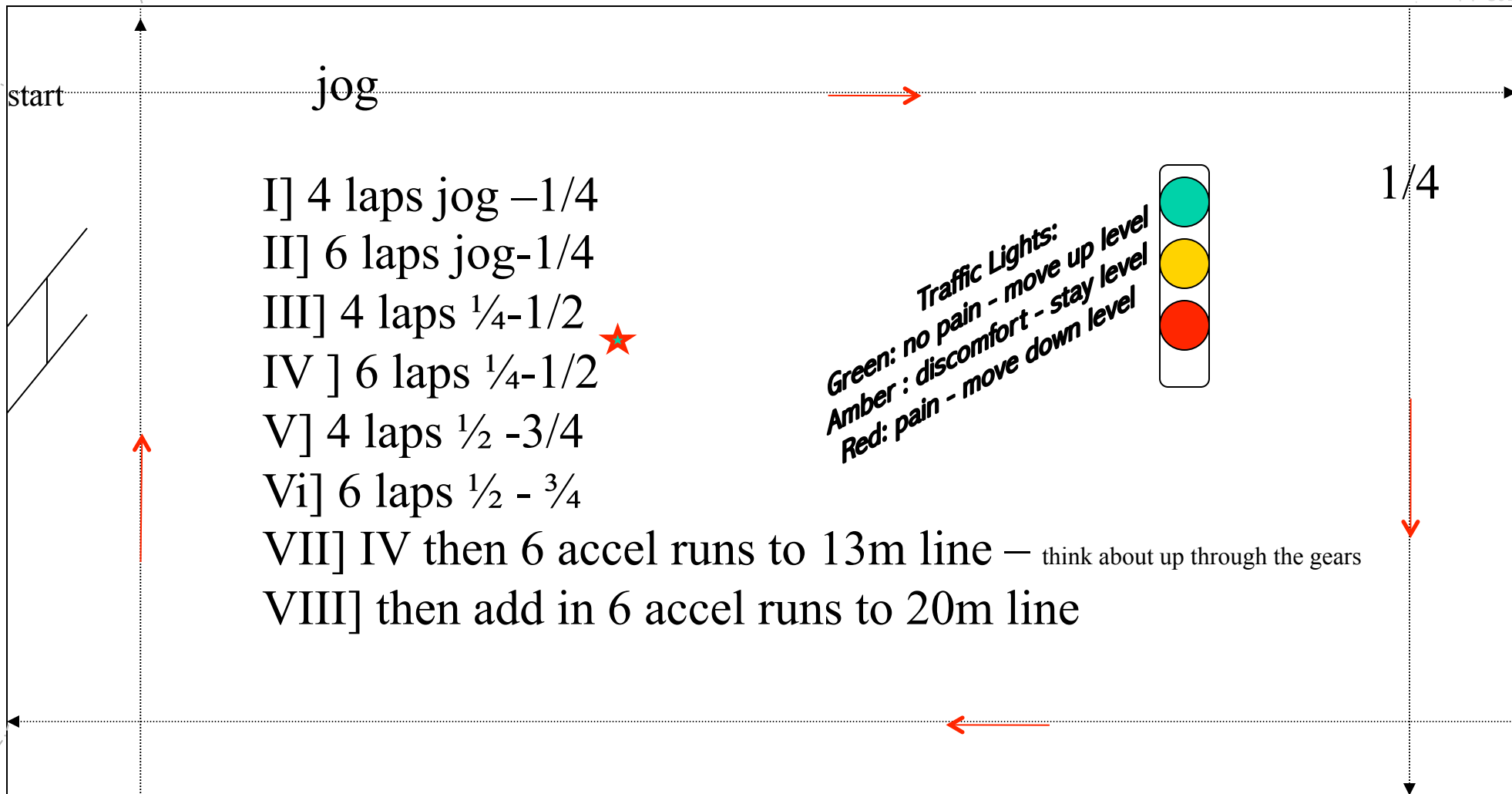


– up a level every 3rd-4th Session



★ Add in 10-15mins kick & catch / as sessions go on attack ball more