
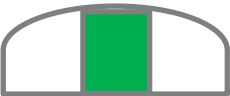

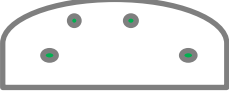


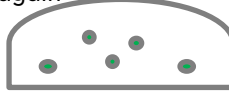



Celtic Dragons

RECORD TOTALS and send in via email/WhatsApp 1 x week

Good warm up before commencing program with movement

If miss 2 goals in a row penalty will apply: **10 sit ups, 10 press ups or 10 burpees**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Sunday / Saturday
30 – Take stats- good technique 20 – Zone 2 10 – Zone 1 10 – Step back/in/side 20 – Shaded area  10 – Attempts eyes closed 10 – Zone 3 30 – Anything 20 – Random 20 – Shaded area  10 – Unbalanced Shot 10 – Penalty shots	20 – Anywhere 20 – work footwork pattern in square until tired shoot 5 x 4  10 – very long 10 – Toss ball up turn/shoot 10 – very close 10 – Stats– good tech. 20 – 5 each spot  20 – Mixed timing 10 – Shoot – follow in 10 – close /clear 20 – Over balance 10 – Lay ups 10 – Clear	10 – Zone 1 20 – x 10 baseline step back, x 10 post to top circle. 20 – skip 50, shoot 5x4 20 – Shaded area  5 – Zone 3 20 – bounce ball into space – shoot 20 – Off balance 20 – Step to side 6 – Line step back – miss start again. 10 – Follow in 20 – Random 10 – Swish	50 – Anywhere 20 – Work square (as Tues) 10 – Penalty shots 20 – Mixed timing 5 – Zone 3 20 – Sprint sideline- sideline x 5 shoot 5 x 4 10 – Zone 1 5 – Zone 3 20 – Over balance on baseline 20 – Shaded area  20 - Lay ups	20 – Half way 25 – 5 spots x 5 from each spot miss start 5 again  20 – play ball anywhere , mix up high low etc, turn shoot 30 – Good technique 20 – 10 passes against wall shoot 5 x 4 5 – Long 10 – Close 30 – How many 5 – Long 10 Half way –clear 10 – Step in 8 – Line step back – miss start again.	Choose A B or C A – Repeat one Monday-Friday session B - 100 Right Hand, 100 Left Hand C - Spend 20 minutes scoring as many in a row as possible short & mid-range. <i>What is the highest amount scored in a row?</i>	25 – 5 x 5 Rows 1. Bank shots 2. miss 1 step forward, miss 2 restart row 3. miss 1 restart row, miss 2 restart beginning 4. miss 1 restart beginning 5. Only swish shots progress you.  25 – 5 x 5 Arcs 1. Bank shots 2. miss 1 step forward, miss 2 restart arc 3. miss 1 restart arc, miss 2 restart beginning 4. miss 1 restart beginning 5. Only swish shots progress you. 