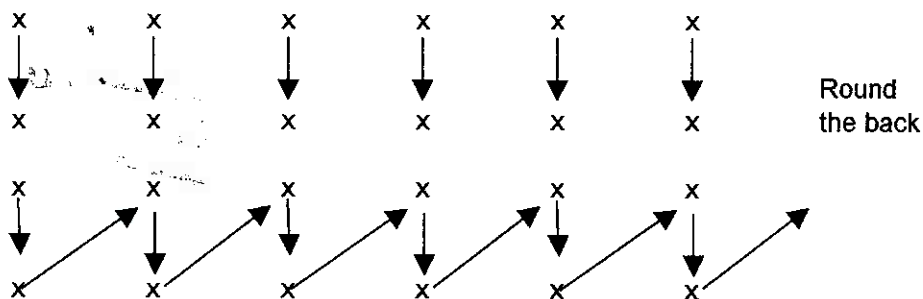


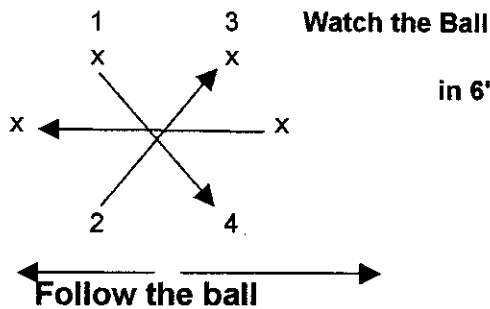
# Middlesex Coaches Association

## Warm up / Stretch

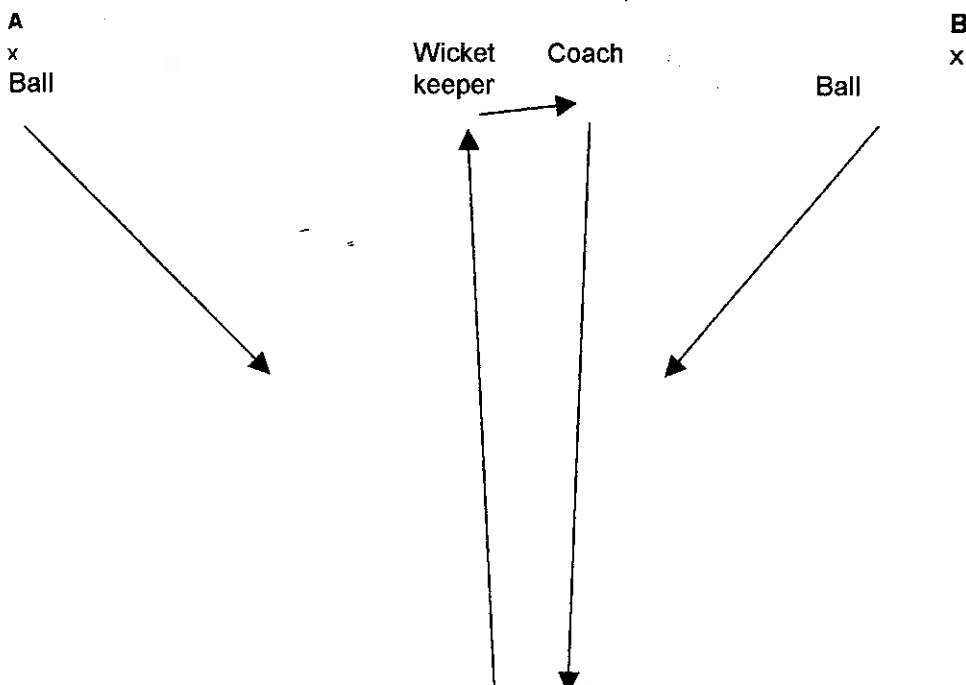
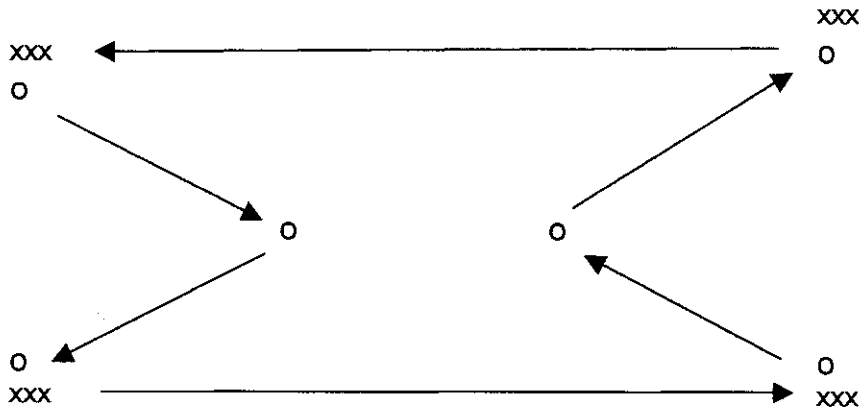
18th Jan 07



Ordered throw  
Catch & reverse



Spin  
Dots  
Different balls  
Collisions  
Area catch  
Bobbie



xxxxxxxx

C goes to B

Two handed pick up  
throw to keeper  
Then one handed pick up to fielder

xxxxxxx

D goes to A