



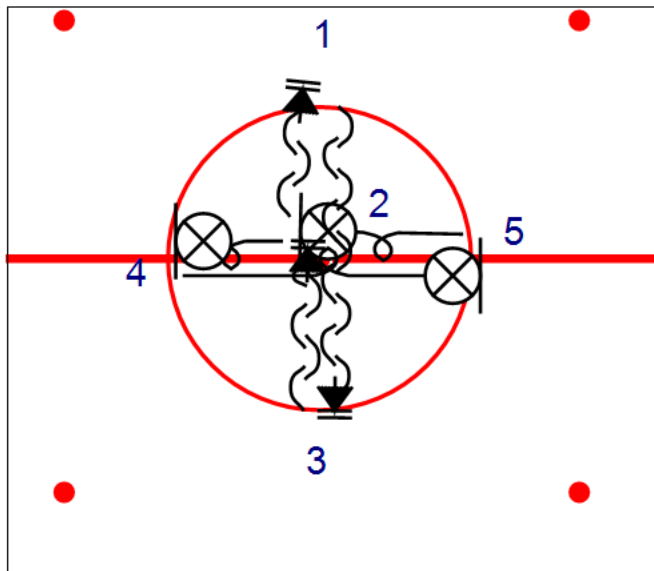
Cat #1:

Title : Circle Warm-Up

Cat #2:

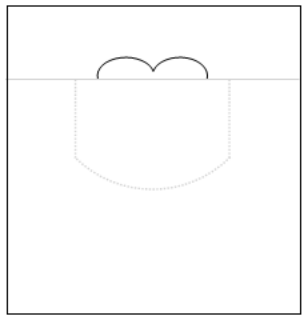
Level : _____

Description (notes)



1. Goalie faces forward the entire drill (in this example, he/she is facing the 3)
2. Starting at 1, goalie performs forward C-Cuts out to the 3
3. Stops and sets
4. Backward C-Cuts to the 2
5. Butterfly Slide to the 4
6. Butterfly slide to the 5
7. Butterfly slide back to the 2
8. Backward C-Cuts to the 1

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Movement

Butterfly Slide

Agility

_____ times each sides.

_____ minutes