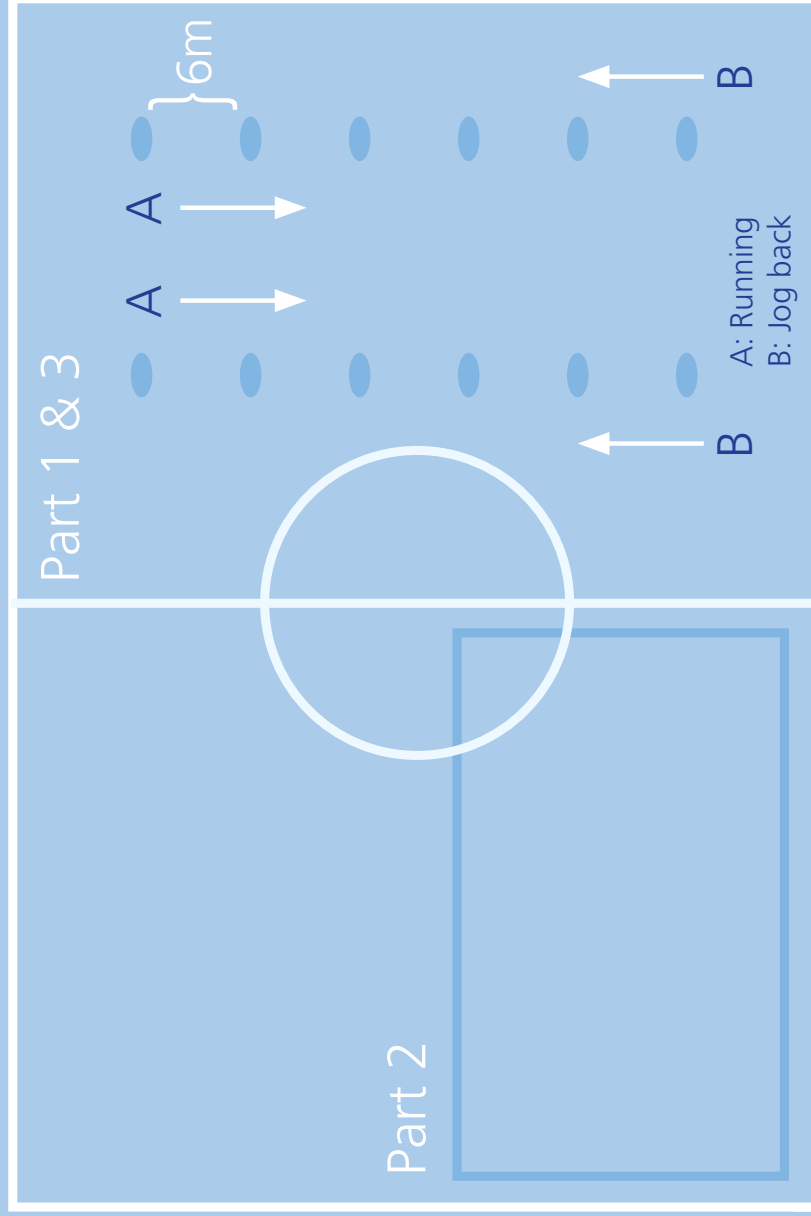




! FIELD SET-UP

The course is made up of 6 pairs of parallel cones, approx. 5-6m apart.

Two players start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way. After the last cone they run back along the outside. On the way back, speed can be increased progressively as players warm up.

