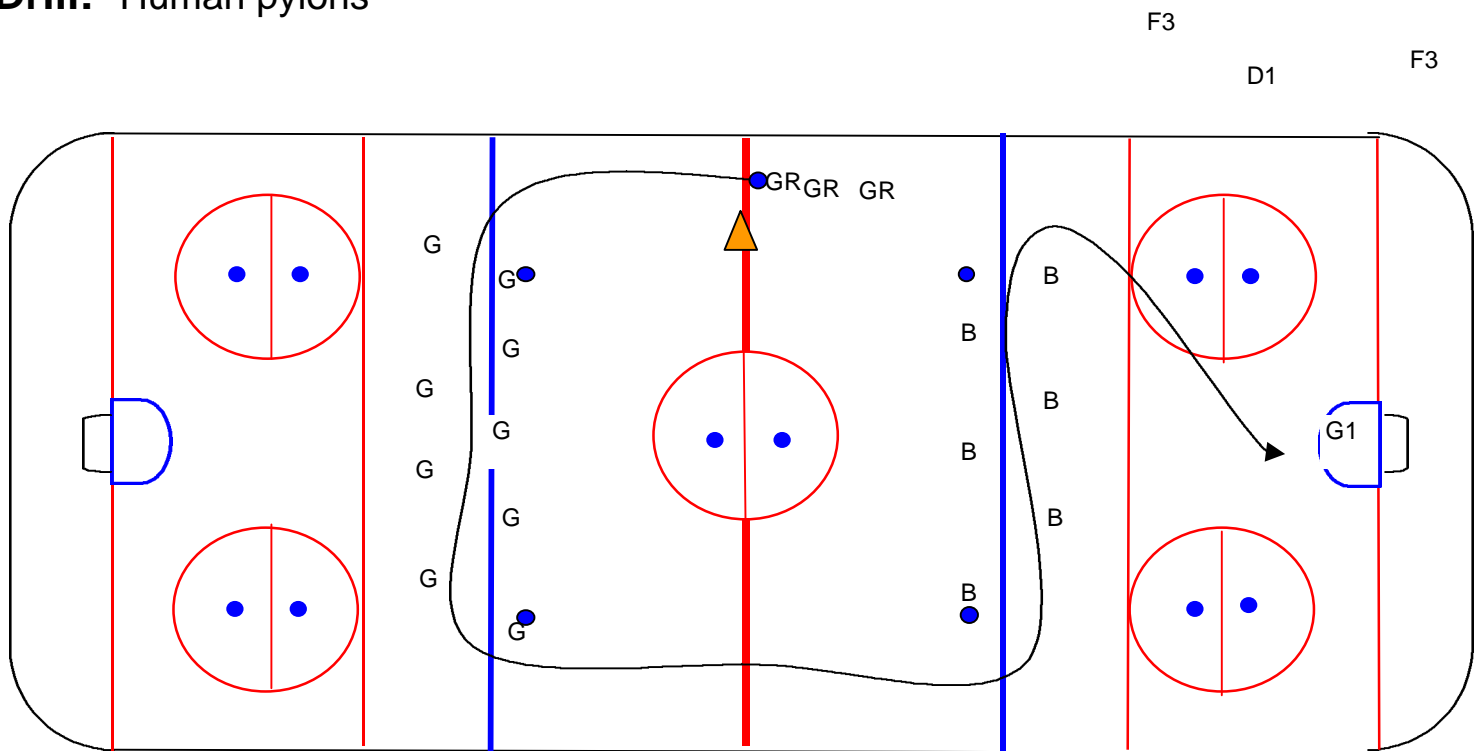


Drill: Human pylons



Gold team lines up as shown(G) staggered on either side of the blue line .

Blue Team does same across other blue line

Green team starts at Center as shown.

Goes thru Gold team who will be STATIC checking.

Goes thru Blue team which will be static Checking.

Shoots on net.

If player loses the ring she will be allowed to pick it up and continue

Green replaces Blue Team.

Blue then replaces Gold team