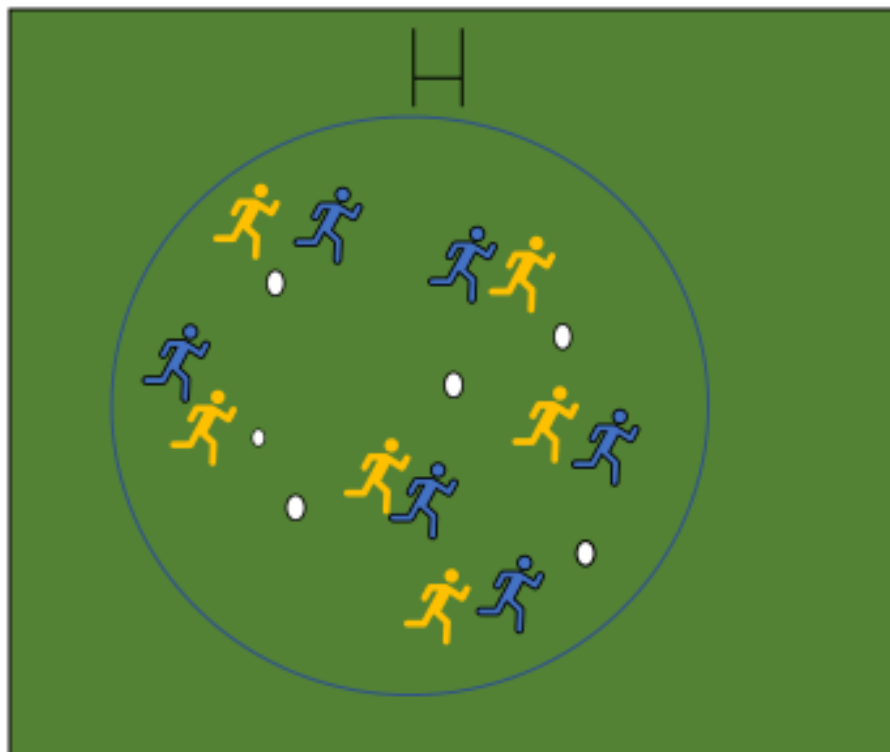


Pick and Move



Title	Pick and Move
Primary Skill	Jab / roll Lift
Secondary Skill	Catch , side Step
Equipment	Cones, Balls
Description	<p>Set up as in diagram:</p> <ul style="list-style-type: none">• On Whistle, Players to jog/run around area jab/roll lifting the sliothar• After a player roll/jab lift a sliothar, they carry it 4 steps before dropping it and gaining possession of a different sliothar• Players to get as many jab/roll lifts in 1 minute <p>Progress:</p> <ul style="list-style-type: none">• Yellow players roll/jab lift, blue players tackle• Reverse rolls after 1 minute. Try to beat your partners score