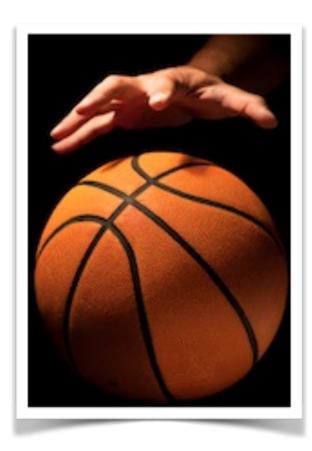
STATION FOUR Senior School Circuit Training



Four

Bounce the Ball

"Keep it under control"

How many times can you bounce the ball before the whistle sounds?