



- 1) GK must be suited up by 5:00 so we can start promptly.
- 2) report directly to your group coach as soon as you arrive at the field
- 3) ALWAYS take your water with you station to station
- 4) Rotation is clockwise: C to B to E to A to F to D to C
- 5) station work is 8 minutes and a 1 minute change time
- 6) We've got skills to improve upon so let's get to it.