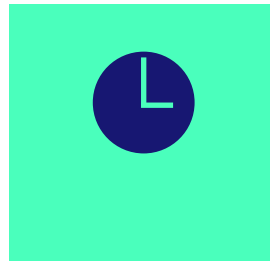


# **RU**GBY **AU**

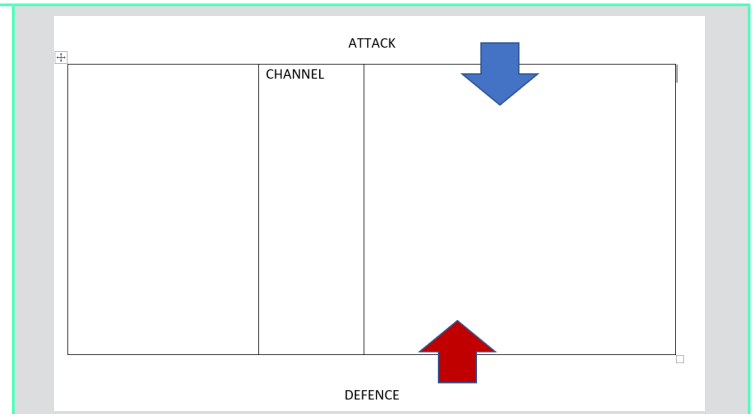
**UNDER 13s to 15s - WEEK 7**



**FOCUS  
AREA**



## WHAT TO DO

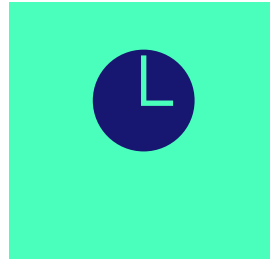


## COACHING TIPS

## VARIATIONS

## QUESTIONS FOR UNDERSTANDING

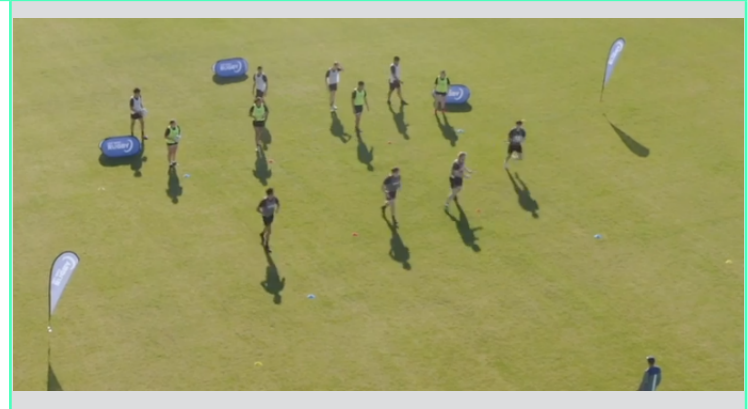
## FOCUS SKILLS



**FOCUS  
AREA**



**WHAT TO DO**

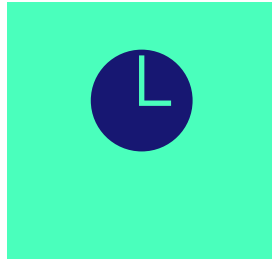


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**



**FOCUS  
AREA**



**WHAT TO DO**

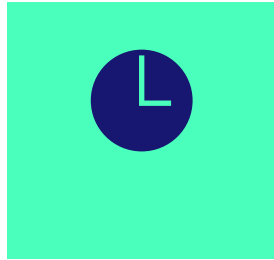


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**



**FOCUS  
AREA**



**WHAT TO DO**

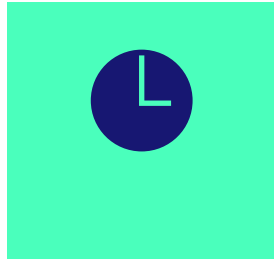


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**



**FOCUS  
AREA**



**WHAT TO DO**

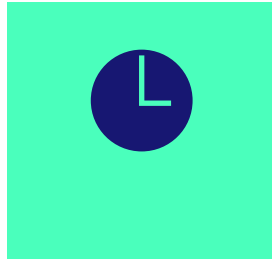


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**



**FOCUS  
AREA**



**WHAT TO DO**

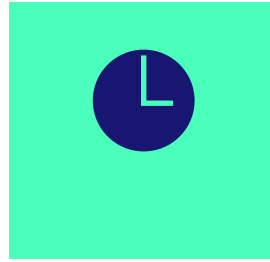


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**



**FOCUS  
AREA**



## WHAT TO DO



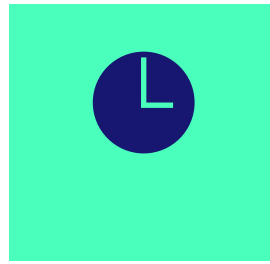
## COACHING TIPS

## VARIATIONS

## QUESTIONS FOR UNDERSTANDING

## FOCUS SKILLS





**FOCUS  
AREA**



**WHAT TO DO**

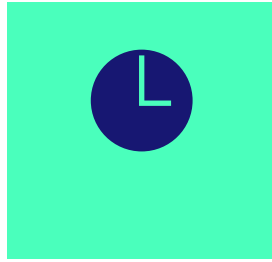


**COACHING TIPS**

**VARIATIONS**

**QUESTIONS FOR UNDERSTANDING**

**FOCUS SKILLS**

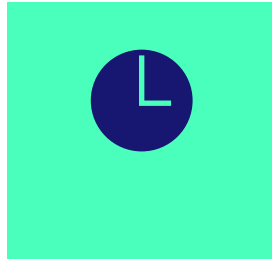


**FOCUS  
AREA**



<b>WHAT TO DO</b>	
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<b>COACHING TIPS</b>	<b>VARIATIONS</b>
<b>QUESTIONS FOR UNDERSTANDING</b>	<b>FOCUS SKILLS</b>



**FOCUS  
AREA**



<b>WHAT TO DO</b>	
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<b>COACHING TIPS</b>	<b>VARIATIONS</b>
<b>QUESTIONS FOR UNDERSTANDING</b>	<b>FOCUS SKILLS</b>