4.

Player starts at one end and must stay on the move and work through the balls quickly - no walking. Ten balls must hit the next on the full - no excuses (no witches hat required) If you get less than 3 you must do x2 shuttle runs from the byline to the 18 yard and back. UNDER 10 Player must hit the witches hat as many times out of 10. If you do not hit the target you must do a single shuttle run. VIDEO YOUR BEST OR WORST EFFORT. POST ONLINE.

