FREE-TAKING LOG: 33's

Conor Mortimer. May 06.

- 10 x 20m line straight in front of goal. (NOS. 1–10)
- 10 x 25m + 5m left or Right. (NOS. 11–20)
- 10 x 30m + 10M left or Right (NOS. 21–30)
- 3 x any distance beyond 30m. (NOS. 31–33)
- STOP when 'free' is missed log Number e.g. 12th and

Reason why missed e.g. off outside of foot = sliced wide. and side taken from. _____

DAY	DATE	FREES CONVERTED	FINAL (L or R side) NUMBER OF FREE	REASON FOR MISSING FINAL FREE