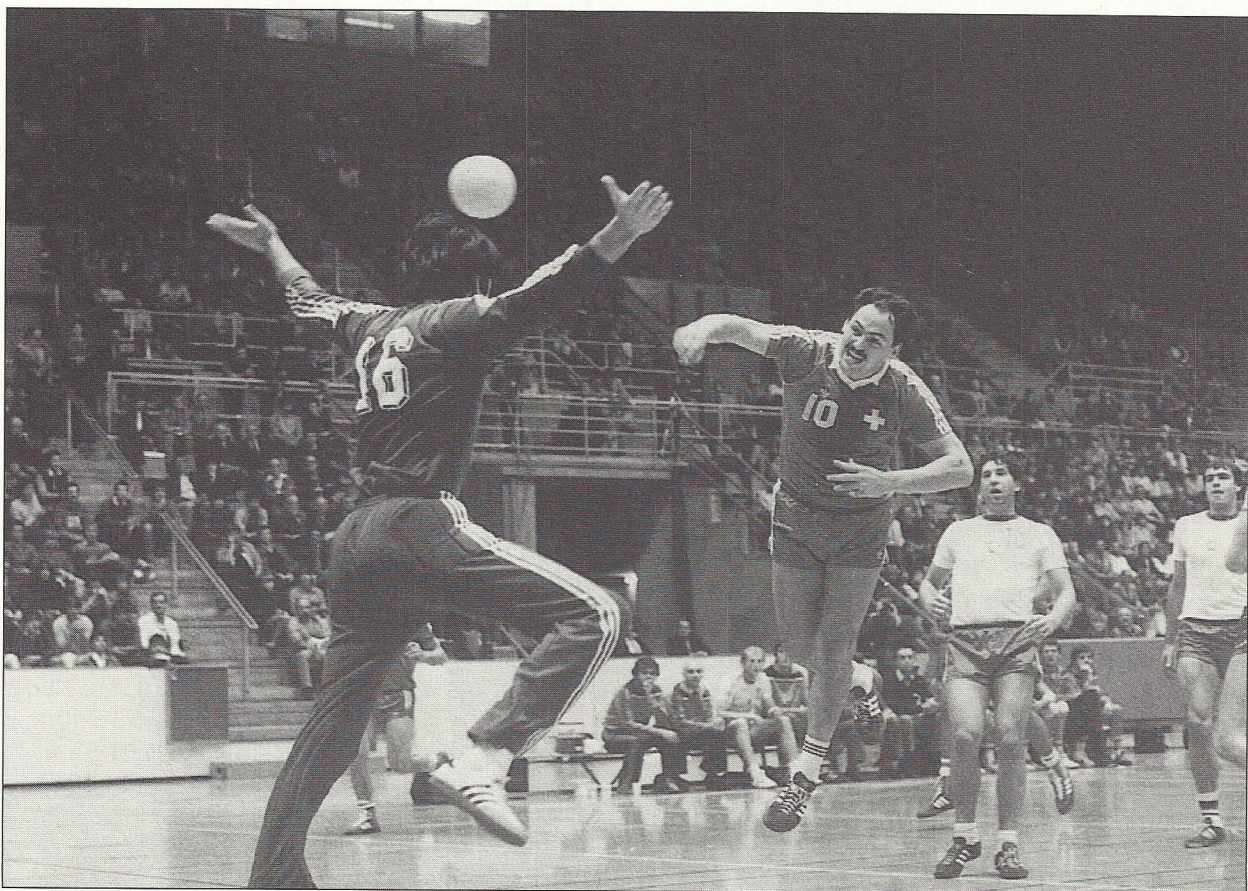




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*A high level of physical fitness is equally important in attack and defence for court players and goalkeepers alike*



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