

4/25/95

WINGS VIZ GIRLS

MARY LYNNE
WILSON

I WARM UP

- ∴ SMALL SPACE DRIBBLING
- ∴ TURNS, HEAD UP SHAPE

II PASSING IN PAIRS & Δ DRILL

- ∴ KEEP BALL MOVING
- ∴ ~~KEEP~~ CONTROL & PLAY
- ∴ Δ DRILL ⇒ FOLLOW / OVERLAP (1-2)

III HEADING

- ∴ CONTINUE

IV PLAY

3 LINE GAME.