

1/28/95

BLOOMINGTON KENNEDY H.S.

4³⁰-6⁰⁰ 6⁰⁰-7⁵⁰

U12 / U14

I WARM UP

15-20
min

- A. SHADOW PARTNER - ON WHISTLE SPRINT (W/O BALL)
" " TO CATCH PARTNER (ONE W/ BALL)
" " - TOUCHING (BOTH W/ BALL)
" " - SHUDDING
" " - SIDE STEPPING

B. DRIBBLING IN CLOSE SPACE

C. STRETCH.

II SIDE FOOT PASSING (SHAPE)

w/ CONTROL TO SHOULDER

III 3 LINE GAME

IV GAME