

2/16

WAYZATA U14 GIRLS

730-9 KIMBERLY LN

I WARM-UP

- A. SHADOW PARTNER - SKIPPING/JOGGING/SIDE STEP.  
- SPRINT TO CATCH (ON WHISTLE)  
- W/O BALL / L W/ BALL / R W/ BALL
- B. DRIBBLE IN SPACE
- C. INCORPORATE STRETCHING.

II 3 CONE PASSING - FOLLOW PASS  
- OPPOSITE RUN

III (IF #'S ALLOW) CHANNEL GAME WITH  
PLAYERS DOWN OUTSIDE CHANNELS

IV 3 LINE GAME (PASSES / GIVE-N-GO'S / ?)

V SMALL SIDED ? 4 GOALS? (PASSES / GIVE N GO'S /  
OVERLAPS / TAKE-OVERS)