

11/13/94

VIG GIRLS  
WAYZATA  
WAYZATA E JR HI.

## I WARM UP

### A. ALL PLAYERS IN GRID

#### 1. BALL FAMILIARITY

a. SMALL CRISP TOUCHES, MOVING BALL  
WITH EACH TOUCH

b. DRIBBLING IN CLOSE SPACE

- HEAD UP

- REACT TO OTHERS

- MOVE INTO SPACE

c. BALL EXCHANGE

- ON COMMAND.

#### 2. STRETCH.

## II PASS & CONTROL

### A. W/ PARTNER, IN GRID

1. MOVING AROUND GRID, PASS TO PARTNER ON  
COMMAND

### B. ONE & TWO TOUCH PASSES (SIDE FOOT)

1. 10 - 20 FEET

### C. DRIVEN PASSES - 20-30 FEET

1. 3 TOUCH

## III

### PASS & MOVE

#### A. TRIANGLE DRILL