

11/16 (ad)

Ulls girls
indoor u16s
Plymouth Creek.

on (101)

Play
Move
Control

Warmups

Passes.

wedge controls - always to side

4 in circle - keep away

4 v 4 v 4 passes / goal = switch

control drill (in circle)

$$\begin{array}{r} 50 \\ \times 2 \\ \hline 350 \\ 100 \\ \hline 100 \end{array}$$

$$\begin{array}{r} 50 \\ \times 12 \\ \hline 600 \\ 600 \\ \hline 1200 \end{array}$$

$$\begin{array}{r} 45 \\ \times 12 \\ \hline 90 \\ 900 \\ \hline 540 \end{array}$$

turns 250-

$$\begin{array}{r} 3540 \\ \times 250 \\ \hline 17700 \\ 70800 \\ \hline 88500 \end{array}$$