

1/25 WAYZATA GIRLS U15, 16, 17'S
PLYMOUTH CREEK ELEM. SCH. 6-8 P.M.

I WARM-UP.

- A. MOVING ON BALL
- B. DRIBBLING IN CLOSE SPACE
- C. STRETCHING.

II PASSING

- A. INSIDE / OUTSIDE ETC.

III INTRODUCE SWERVES.

(CHIPS)

- A. INSIDE / OUTSIDE
- B. PRACTICE.
- C. GROUPS OF 1, 2, 3.

3 LINE GAME

IV PLAYING TO THE WIDTH

- A. PLAYER FORCED TO PLAY ON SIDE COURT (FOR BOTH TEAMS) OR ON EDGED SIDE.

MUST BE PLAYED TO A WIDER
BEFORE A GOAL WILL COUNT

TIMING INTO OPEN SPACE (TIMING)