

2/22 WAYZATA GIRLS U16 PLYM. CREEK ELEM SCHOOL

## I WARM UP

- IN 2'S, PASS AND MOVE - CHECK AWAY
- 1/2 w/ BALL PASS + MOVE, MAY NOT PASS BACK TO PASSER
- STRETCH

## II SKILLS

- 1/2 VOLLEYS
- INTRODUCE SHAPE
- AGAINST WALL (TARGETS)

## III 3 LINE GAME

- 3 PASSES + 1/2 VOLLEY TO CROSS OVER

## IV FREE PLAY

START LOOKING FOR 3 MAN COMBOS

- ✓ AWAY
- OVERLAP
- TAKEOVER
- BLIND SIDE RUNS