

4/26/95

WAYZATA GIRLS U16 D.1
DARKWOOD

I WARM UP

∴ IN 3'S ⇒ COMBINATIONS

∴ STRETCHING

II REPETITIONS.

∴ THIGH / INSTEP

∴ CONTROL TO SIDE + PLAY (BOTH SIDES)

∴ CHEST / INSTEP

~~∴~~ ∴ PASSING IN LINE (MOVING BACK +
LEAVE BALL)

∴ SIDE FOOT PASS

III TRIANGLE DRILL

∴ FIRST FOLLOW

∴ THEN 1-2

IV 3 TEAM GAME → ROTATE OFF WHEN SCORED ON

V 3 LINE GAME