

11/4/94

U16 GIRLS

APPLE VALLEY

HAYES COMMUNITY CENTER

I WARM UP

A. ALL PLAYERS IN GRID

1. BALL FAMILIARITY

a. SMALL, CRISP TOUCHES ON BALL, MOVING BALL WITH VARIOUS TOUCHES (FRONT | BACK | SIDE TO SIDE | SOLE)

b. DRIBBLING IN CLOSE SPACE

- HEAD UP - POINT TO OTHER PLAYERS

- CHANGES OF DIRECTION

- MOVE INTO SPACE

c. BALL EXCHANGE

- ON COMMAND, CHANGE BALLS W/ ONE OTHER PLAYER ONLY.

2. STRETCHING

20 MIN

II

TURNS W/ THE BALL.

A. IN GRID / ON COMMAND / WITH PARTNER

1. DRAG BACK / MATTHEWS / CRUIFF / STEP OVER / ^(SCISSORS)

20 min

III

PASSING & CONTROL - VARYING DISTANCES (SHORT START)

A. SIDE FOOT (PASS & CONTROL)

B. OUTSIDE FOOT (PASS & CONTROL WITH SIDE FOOT)

C. DRIVEN (PASS & CONTROL WITH SIDE FOOT)

* Emphasize accuracy before power. - different on indoor surface

30