

PLYMOUTH CREEK ELEMENTARY SCHOOL. 6-8 pm.

21 DEC 94 U16 + U17 GIRLS

I WARM UP.

A. BALL FAMILIARITY

- DANCING w/ BALL.
- DRIBBLING IN CLOSE SPACE.
- DRIBBLING w/ TURNS w/ CHANGE OF PACE.

INCORPORATE STRETCHING.

II REVIEW OF LAST WEEK

A. SHOOTING.

1. FULL VOLLEY
2. INTRODUCE HALF-VOLLEY.

III DEFENDING

A. EXPLAIN PRINCIPLES OF DEFENDING

B. SIMPLE DEFENDING.

* REFER TO 14 DEC. NOTES FOR FURTHER DEFENDING DRILLS.

IV SHOOTING - FURTHER DEVELOP.

V GAME.

212
 632
 105

 527