

1/18/95

WYOMING GIRLS U15, 16, 17'S

Plymouth Church.

I WARM UP.

- > w/ HANDS & PARTNER MOVING IN GRID PASSING BALL AND FORTH
- > S.A.A. ON COMMAND.
- > STRETCHING.

II FIRST TOUCH - w/ PARTNER.

- > SIDE FOOT PASS. - STOP BALL DEAD
 - PLAY BALL TO SPACE L/R /AHEAD
- > SERVICE IN AIR - CHEST
 - HEAD
 - THIGH
 - INSTEP (CUSHION)
 - INSIDE & OUTSIDE
- STOP BALL DEAD & INTO SPACE

III SWERVE KICKS

- > INSIDE OF FOOT (INSWINGING)
- > OUTSIDE OF FOOT (OUTSWINGING)
- > EMPHASIZE STAKE AND POINT OF FOLLOW THROUGH