

2/1/95 WAYZATA GIRLS U15-17  
 PLUM CREEK ELEM

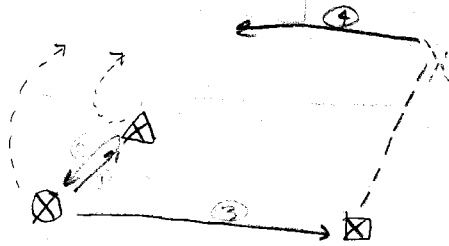
### I WARM UPS

- 2 CONE MIRROR DRILL
- PASSING - MAY NOT PASS BACK TO PASSER
- STRETCHING

### II DRIVEN PASSES

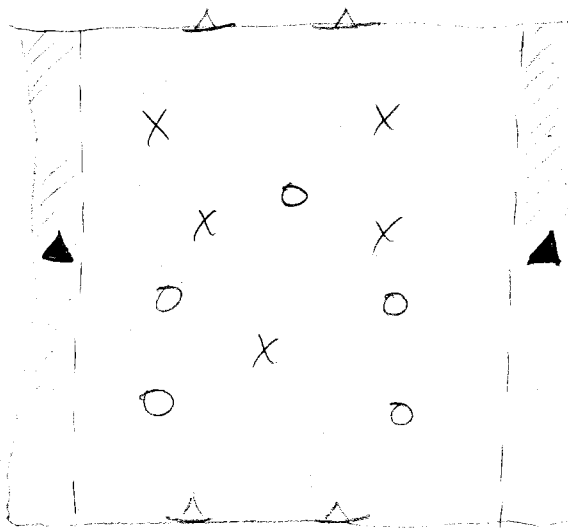
- COVER SHAPE { W/WALL  
W/PARTNER }
- SIDE FOOT PASS W/ LACES → TOES OUT / HUGS GROUND / TOP SPIN / CANNOT FLICK / THRU MIDDLE / 6" PAST

### III TIMING RUNS



⊗ → ⊗ MUST GO LATE & FAST!

### IV GAME



▲ MUST STAY IN ZONES  
 X VS O → MUST USE ▲'S  
 BEFORE GOAL