

2/8/95

WAYZATA GIRLS U16

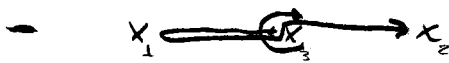
PLYM. CREEK ELEM.

### I WARM UPS

- DANCING ON BALL
- DRIBBLING IN CLOSE SPACE
- DRIBBLING IN OPEN SPACE

} INCORPORATE STRETCHING

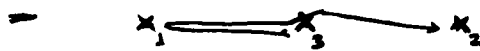
### II FIRST TOUCH TURNING 180°



- HUG BALL AROUND W/ INSTEP (2 TOUCH)



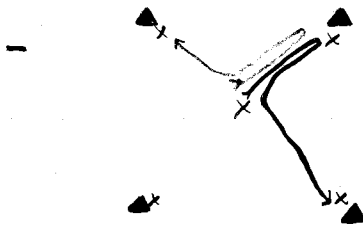
- 1<sup>st</sup> TOUCH TO SIDE 2<sup>nd</sup> TOUCH TO X2  
(BOTH WAYS INSIDE & OUTSIDE OF FEET)



- 1<sup>st</sup> TOUCH TRAP 2<sup>nd</sup> TOUCH DRAG BACK  
3<sup>rd</sup> TOUCH PLAY TO X2

determine before if possible  
 graduate to explain  
 then correct them

### III 1<sup>st</sup> TOUCH TURNING TO X'S (90°)



- USING SAME TECHNIQUES AS ABOVE,  
TURN TO THE 90° VICE 180° X

### IV 4 GOAL GAME / OR THROW HEAD CATCH W/ OFFENSIVE & DEFENSIVE HDRS.

5 PASSES = 2 PUSH-UPS FOR OTHER TEAM

CHANGE GOALS (NOT SAME PERSON - AS TEAM) = DOUBLE SCORE (W/ 1 POINT)

DEMONSTRATE SKILL = 2 POINTS

\* FILLER

#### HEADING

- STANDING
- ARIEL