

WAYZATA GIRLS U16 I

4/18/95

I WARM UP.

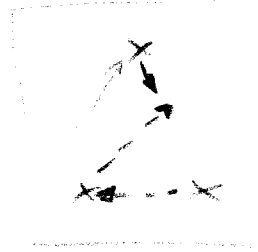
A. 5 vs. 2

- EMPHASIS = DEFENDING IN PARS (SUPPORT DEFENDING)
- MOVING TO X'S TO COLLECT PASS (PASSING LANES)
- MAKING EASY PASS AND MOVE

B. INTEGRATE STRETCHING.

II 3rd PERSON COMBO'S

A. (IN 3'S) REMOVE SELF FROM PLAY - CHECK TOWARDS
- CHECK AWAY
IN TRIANGLE SHAPE



B. PERSON PASSING STAYS, OTHER SUPPORTS.

- THEN OVERLAPS
- WORK IN THE OVER



III 3rd PERSON GAMES P. 32

60 x 40 (SPLIT IN 1/2) 3 v 2 EACH HALF (3 HAVE BALL)

USE ONE OF THE 2'S ON OTHER SIDE FOR 3 PERSON COMBO