

WAYZATA GIRLS U16 I

4/20/95

I WARM UP

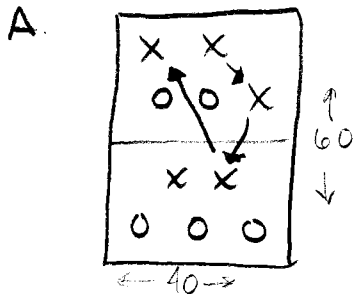
A. 5 v 2 - DEFEND IN PAIRS

- INTRODUCE $\&$ 'S (MAYBE 2 TOUCH)

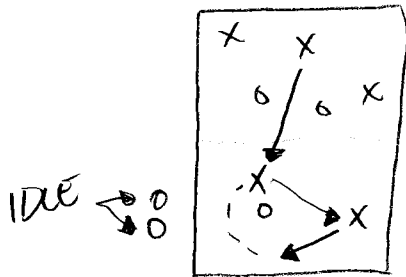
B. 3rd PERSON COMBOS

- IN 3'S 1-2'S / OVERLAPS / TAKEOVERS / BLINDSIDE
 ✓ TOWARDS / ✓ AWAY

II 3rd PERSON COMBOS

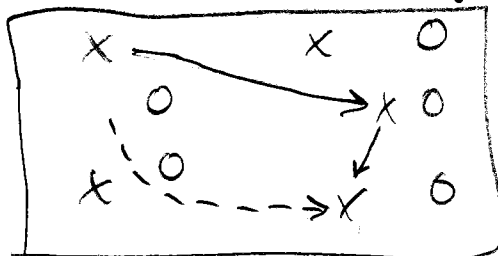


B. PROGRESSION :



receive ball w/ back towards goal
 - O marks from behind X ~~can~~ use partner for 3 man combo

C. add defender 3v2 + 3v2 player allowed to cross 1/2 on give and go or 3 man combo



(FREE PLAY)

RUNS IN ON 2nd...