

4 JAN 95 U16+17 GIRLS

I WARM UP.

BALL FAMILIARITY

- DANCING W/ BALL
- CLOSE DRIBBLING
- DRIBBLING W/ TURNS & CHANGE OF PACE

INCORPORATE STRETCHING

II REVIEW OF LAST SESSION

A. DEFENDING

- QUICKLY RECAP PRINCIPLES

III CREATING SPACE AS AN INDIVIDUAL

A. 15-20 YDS BETWEEN PARTNERS.

- PLAYER A PASSES BALL WIDE OF PLAYER B FOR B TO MOVE INTO PATH OF BALL & CONTROL, VICE VERSA
- CONTROL BALL & MAKE PASSING & IN ONE MOVEMENT

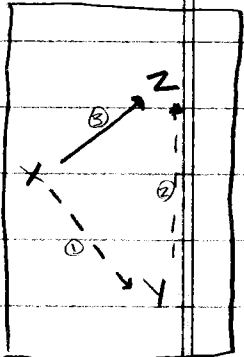
P.P. 28-37

B. SELECT THE CONTROLLING SURFACE EARLY

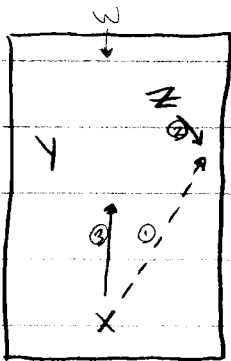
- WEDGE CONTROL
- CUSHION CONTROL

* SAME DRILL AS ABOVE W/ LOFTED BALL.

- HAVE PLAYERS SHOUT CONTROLLING SURFACE EN ROUTE TO BALL. "HEAD, CHEST, THIGH, FOOT"

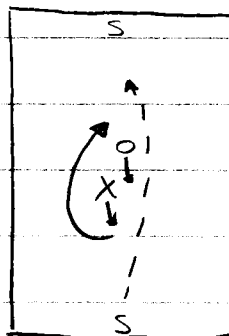


X TO Y, Y TO Z
 : X CHALLENGE
 Z, Z TO Y.



Y+Z TO END

ADD W TO INCLUDE



CREATE SPACE BEFORE VING