

2-27-97 8<sup>30</sup>-10<sup>00</sup> ARMORY.

# BLACKHAWKS GIRLS U17 DI.

## I WARM UP

10 MIN

A. 1/2 & 1/2 HANDBALL

1.) LATERAL MOV'T.

2.) SKIPPING MOV'T.

10 MIN

B. 1/3 WITH BALL

1.) SIMPLE PASSING - THOSE W/O BALL MOVING LATERALLY

2.) S.A.A. LIMIT 3 TOUCH

10 MIN

\* INCORPORATE STRETCHING \*

## II CONE DEFENDING.



20 MIN

A. NEITHER W/ BALL

B. ATTACKER W/ BALL

C. BOTH W/ BALL

\* ATTACKER MUST GET TO OUTSIDE CONE BEFORE DEFENDER GETS TO INSIDE CONE.

## III 5 V 5 SMALL SIDED GAME (2 GAMES)

## IV 3 LINE GAME

## V GAME

5 V 5 SMALL SIDED GAME



GK

