

3-13-97

7:30-9

C NMS

# BLACKHAWKS GIRLS U17

## I WARM UP

- A. HAND BALL - SIDESTEP & SKIP
- B. PARTNERS - TAG SKIP, SIDESTEP, HOP
- C. FOOTWORK

CONES - SIDE TO SIDE - TRIANGLE

## II 3 v 2 TRANSFER BOX



## III 3 v 1 TRANSFER BOX



## IV HEADING - SHORT SHORT LONG

## V SMALL SIDED GAME (2 TEAMS ON, 1 TEAM OFF)