

Blackhawks Girls U17 OI Practice

5/22/97 5-7 @ Macklemy

NO FINZEN
NO Holmes

I Warm up
1/2 & 1/2 pass and move

II 10 x 10 grids

1 v 1 one grid
2 v 1 two grids
2 v 2 two grids

III 3 v 2 / 3 v 2 transfer



IV GRANTLET

V 4 v 4 / 4 corners

Tournament Items.

* We will meet @ SPA @ 5⁰⁰

* ~~BRINKS~~

* PILLOW / BLANKET

* MOVIES

* PACK LUNCH / HEALTHY SNACKS

* UNIFORM ITEMS IN CARRY-ON

* PLEASE LIMIT CARRY ON STUFF IN INTEREST OF ROOM & COMFORT

~~check out~~
TRIPPER CHECK
Shirts socks
Shorts shoe pads
cleats
warmup?