

PLYMOUTH CREEK ELEM. SCHOOL 6-8 PM.
14 DEC 94 WYOMING GIRLS U16 + U17

I WARM UP.

A. BALL FAMILIARITY

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

} INCORPORATE
STRETCHING.

II REVIEW OF LAST WEEK.

A. FOOT SKILLS

1. TURNS

- #### 2. PASSING, CONTROL, SUPPORT (DOWN & BACK IN LINE) (10/20 YD. PASSING)

3. HEADING → DEVELOP ACCURACY.

III SHOOTING

A. INTRODUCE SHOTS - NOT TOO FAR BACK, SHORT FOLLOW-THRU.

B. INDIVIDUAL SHOTS - AGAINST WALL, PICK Aiming POINT.

C. DRILLS.

1. OVER SHOULDER, FULL VOLUME

2. OVER SHOULDER, HALF VOLUME.

3. FROM SIDE, ONE TOUCH / 2 TOUCH.

4. STRAIGHT ON, ONE TOUCH.

*
DID
NOT
DO

IV DEFENDING.

A. EXPLAIN PRINCIPLES OF DEFENDING.

B. SIMPLE DEFENDING. PLAYER X & Y, Z COMES AT 10 YDS.
START IN MIDDLE, TRY TO GET TO CONE.

C. ONE STEP FURTHER