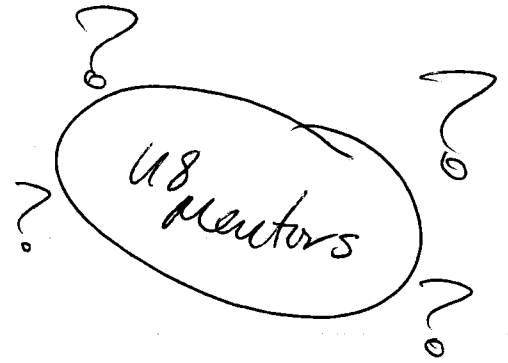


BLAERHAWKS U19 GIRLS PRACTICE
 5/6/98 7³⁰-9 Net Ministers

U19

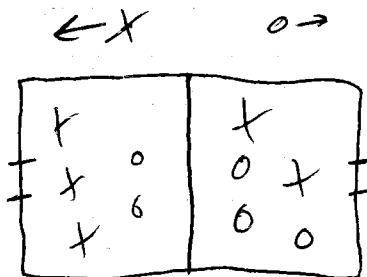
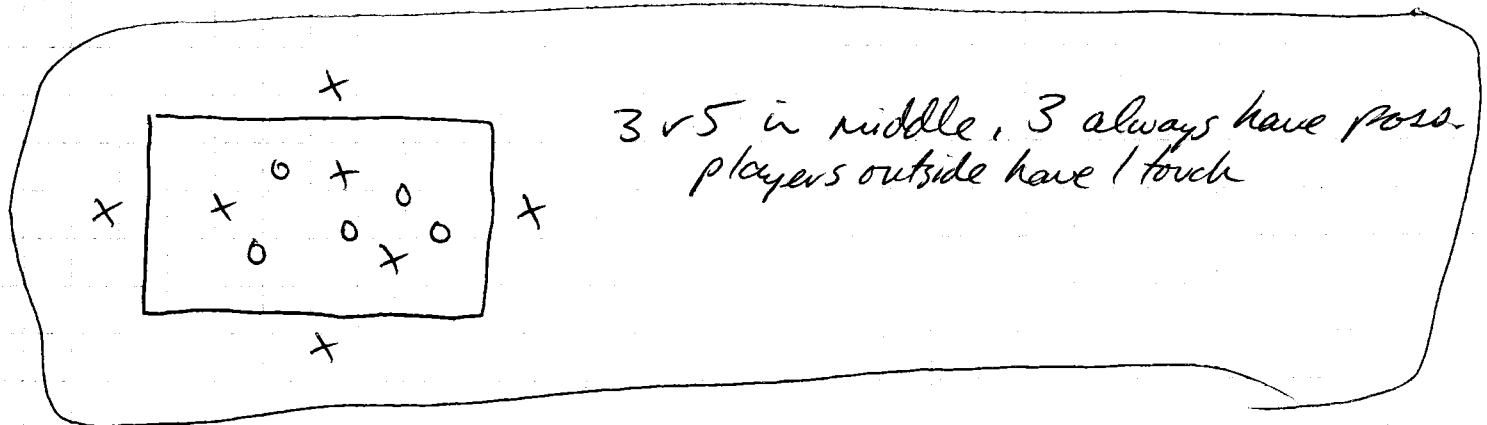
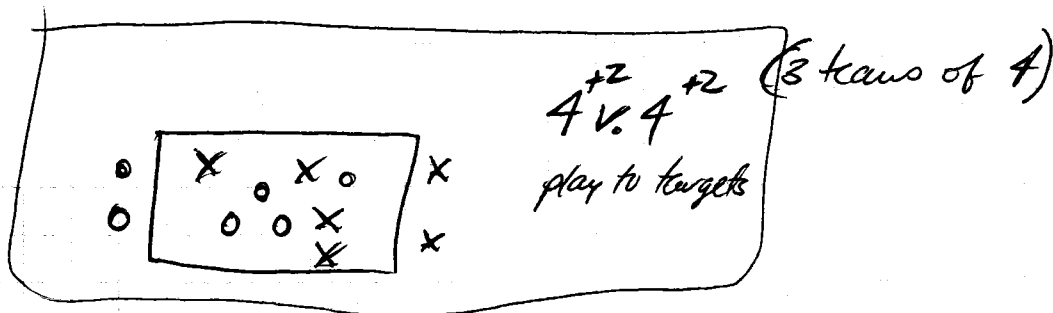


I Warm up
 5v2 in grid \Rightarrow split = 5 pushups

II 3v1 transition box

III 4v.4v.4 to reg. goals - 36 yd Field.
 Scoring team stays on

IV Link 10 to big goal



3v2 in 1/2 play to other 1/2 for #5 up in there.