

5/24/07

PANTHERS

19 SOUTH

U6

630-800

ISABEL
LINDSEY
JULIA
FAITH
KIRSTEN
ALISSA
GRETA
MELISSA
RAITLYN
MORGAN

I WARM UP

A. GRID

1. NORMAL ROUTINE
2. INTRODUCE OUTSIDE HOOK

II SHADOW PARTNER

A. IN TWO'S (EQUALLY PAIRED) ~ LEADER & FOLLOWER

1. "GO" = LEADER MOVES AROUND FIELD
2. FOLLOWER DOES/GOES EXACTLY WHAT LEADER DOES
3. 'WHISTLE' = LEADER GETS AWAY FROM FOLLOWER.
4. FOLLOWER TRIES TO TAG LEADER.
 - a. BOTH W/O BALL
 - b. LEADER W/ BALL, FOLLOWER W/O BALL
 - c. BOTH W/ BALL