

5-31-07

6:30-8:00

19 NORTH

U6

ISABEL
LINDSEY
JULIA
FAITH
KIRSTEN
ALISSA
GRETA
MELISSA
KATHLYN
MORRISAN

I. WARM UP

A. GRID

—————→ PERHAPS WITH 2 SQUARES
"GO", "SWITCH", "CHANGE"

1. NORMAL ROUTINE
2. DRAGBACK, INSIDE/OUTSIDE HOOK, STEPOVER

II. (IF EVEN # OF PLAYERS) SHADOW PARTNER

A. IN TWOS (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 (ONLY ONCE OR TWICE)
 - b. LEADER W/ BALL, FOLLOWER W/O
 - c. BOTH W/ BALL

III. 60% W/O BALL 40% W/ BALL

- MOVING AROUND GRID PASSING
- MUST DO A MOVE BEFORE PASSING?
- CALL PLAYER OUT TO SHOOT, GIVE ANOTHER BALL?

IV. DRIBBLE & SHOOT (FROM OUTSIDE OF PENALTY BOX)