

6/9/07

300

16 NORTH

U6

## I. WARM UP

- LARGE GRID - USUAL ROUTINE
- EMPHASIZE MATTHEWS MOVE
- 60/40 w/ BALL PASS & MOVE

## II. DRIBBLING

- EACH GIRL w/ 2 CONES
- START CLOSE, SLOW FIGURE 8
- END FAR, FAST FIGURE 8

## III. #'S SHOOTING IF TIME PERMITS