

6/14/07

6³⁰

19 SOUTH

U6

I. WARM-UP

- KNOCK OUT - LARGE CIRCLE
- FREEZE TAG

II DRIBBLING

- EACH GIRL W/ 2 CONES
 - START CLOSE, SLOW FIGURE 8
 - END FAR, FAST FIGURE 8
- ↓
- DRIBBLING AT CONES 180° TURNS TO DRIBBLE AT OPPOSITE CONE.