

- MOD. LINK 10.
- ATTACK/DEFEND GAUZZLET
- Show Defending techniques-

I will u. Shadow partner w/ or w/o BWA
do everything partner does on whistle,
must catch partner.

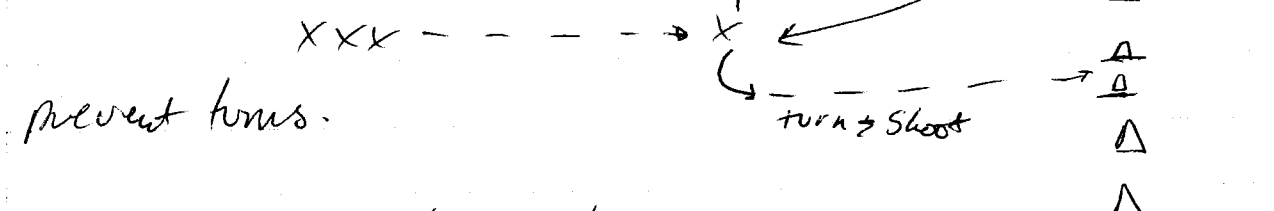
- II Reps.
- o. thigh → instep
 - o. Chest → instep
 - o. Cont to side → play in side foot.

III 1st touch turning.

$X_1 \longrightarrow X_2 \longrightarrow X_3$

- o. hug ball around w/ inside of foot
- o. 1st touch to side 2nd touch to X_3 inside = outside of foot
- o. 1st touch control/drag back/play into X_3

- IV talk about Defending.
- V preventing turns



VI gauntlet 1v1 & 2v1

VII game.