

6/8/95 PRACTICE @ OAKWOOD

PRE STRETCH

I FITNESS

* RUN CONES FOR 4 MIN

* 1/2 MIN REST

* CONES FOR 2 MIN

* 1/2 REST

* CONES FOR 3 MIN

* 1/2 REST

* CONES FOR 3.5 MIN

* 1/2 REST

* CONES FOR 3.5 MIN

* 1/2 REST

* CONES FOR 3 MIN

* 1/2 REST

* CONES FOR 2 MIN

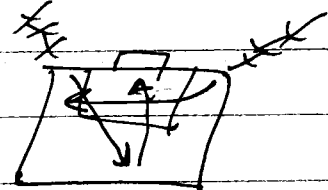
* 1/2 REST

* CONES FOR 1 MIN

* REST

II STRETCHING 5 MIN

III CHIP / trap / pass / shoot.
5-10 MIN.



2.5 SHOOTING w/ PARTNER AT A GOOD DIST.

IV LINK 10

V SET PLAYS CORNERS (OFF)
FREE KICKS OFF 6 DEF