

ODP GIRLS U17

- I WARM UP. - STANDARD (ON BALL / DRIBBLING / DRIBBLING w/ CHANGE OF FACE)
- A. IN PAIRS - PASSING & MOVING
 - PLAYER w/O BALL = SMALL RUN & CHECK TOWARDS
 - B. STRETCH

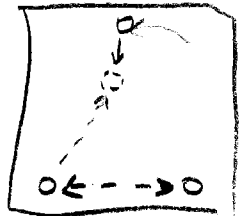
CUTS OFF 70 yards

BREAK

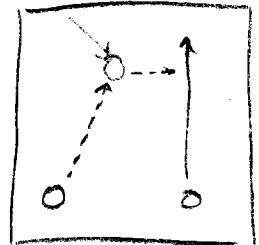
3 MAN COMBOS

II WARM UP FOR PLAY - (IN 3'S)

- A. 3 TO A BALL - LARGE Δ
 - 1 TARGET, 2 SUPPORT
 - SUPPORT INTER-PASS
 - TARGET CHECKS FOR 3 MAN COMBO



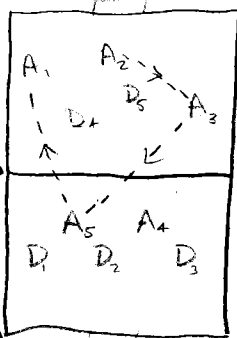
- B. SUPPORT PLAYER WHO PASSES STAYS
 - 3rd MAN MAKES OVERLAP
 - * SAME w/ TAKE OVER



BREAK

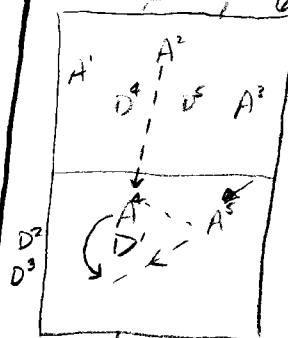
III → (PAGE 32)

60x40



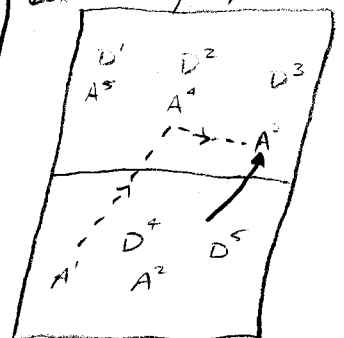
(NO ONE CROSSES)

60x40



BALL MUST BE PASSED TO MARKED PLAYER

60x40



2

1

3

?BREAK?

IV FREE PLAY

EMPHASIZE CHECKING INTO SPACE FOR 3 MAN COMBOS