

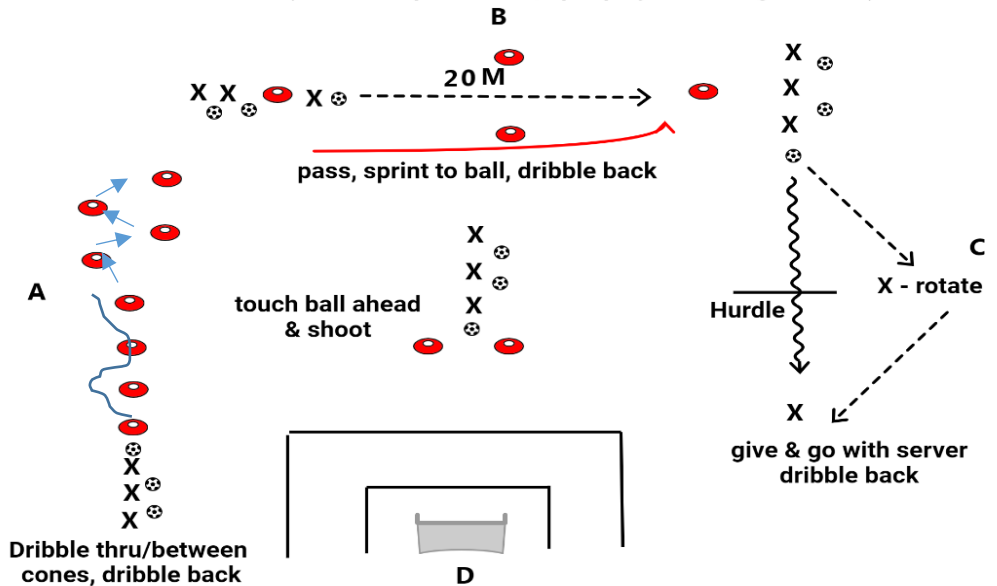
U15 Girls Session Oct.6 2019

1. Warm – Up (20 min)

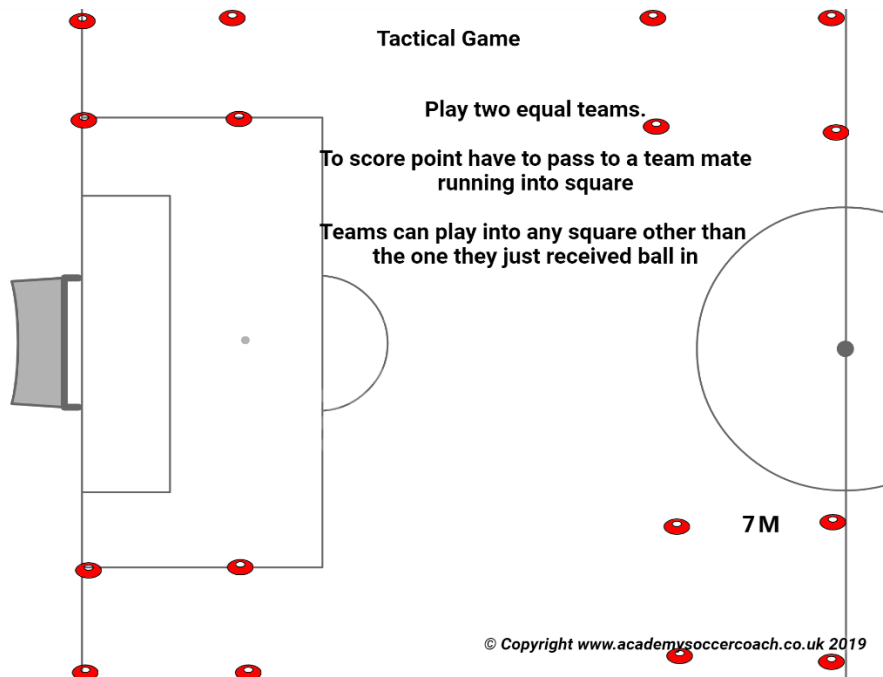
Half lap jog, (25% speed, 50%, 75%, 100%). Dynamic stretch, Give & Go passing in pairs across field

2. Individual Circuit (20 min)

Individual Circuit (5 minutes per station, split players among stations)



3. Four Corner Game (20 min)



Teams are encouraged to switch and change direction

4. Regular Game (30 min)