

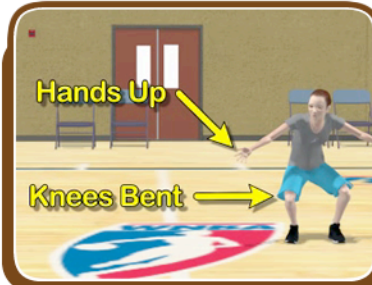


# Coaches' GAME PLAN



## Skills

### Defensive Slides



### 01



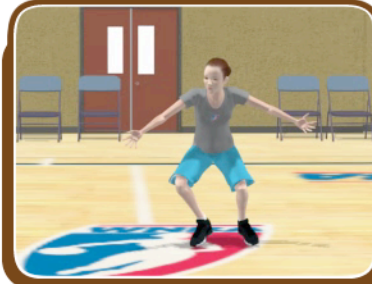
Start by getting into a defensive stance.



### 02



Point toes of lead leg to intended direction and step 2 feet to that side.



### 03



Slide other foot until feet are again shoulder-width apart.



### 04



Repeat in rapid succession, stay balanced with weight on balls of feet.



### 05



Do not cross feet as she will get out of balance.

## Notes:

Large empty rectangular box for taking notes.