

I. WARM UP

A. MULTI GRID KNOCKOUT

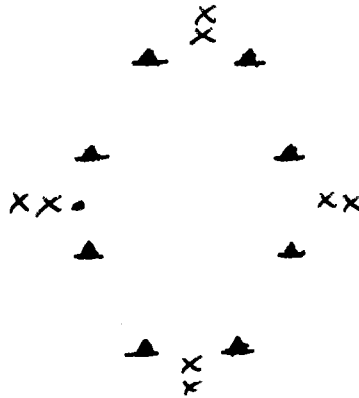
B. 40/60 BALL/PLAYER → PASS & MOVE

II. PASSING & AWARENESS

- PASS TO LEAD PLAYER IN ANOTHER GATE

- SUPPORT PASS BY RUNNING TO A DIFFERENT GATE

- MAY NOT PASS TO A GATE WITH ONLY ONE PLAYER

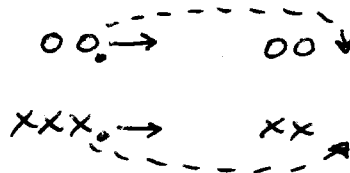


III. CONTROL, PASS, MOVE

- TEAMS OF 4 OR 5

- 1ST TO 50 / # IN 1 MIN

- BALL STAYS IN MOTION



IV. TEAM POSSESSION

- 2 TEAMS VS 1 TEAM KEEP AWAY

TIMED - ROTATE THRU "MIDDLE"

V. 3 BOX GOAL GAME

VI. SSG

4 v 4

WORLD CUP ?