

① WARM UP

- CHANGE/SWITCH/GO
- CONES SPREAD OUT AS DEFENDERS
- SKILLS

③ PASSING IN HALF

- 60/40 BALL RATIO
- LIMIT TOUCHES

④ LINK 10

- ATTACKERS → GOAL
- DEFENDERS → GIVE AND GO

⑤ 4 GOAL GAME

- 1 pt FOR GOAL
- 5 pts FOR SWITCHING & SCORING ON OTHER GOAL
- 10 pts FOR GIVE AND GO

⑥ SSG

- MULTIPLE SMALL GOALS ALONG TOUCHLINE
- 4 v 4 / 5 v 5