

I. WARM UP / BALL FAM

DRIBBLE IN GRID - USUAL EMPHASIS

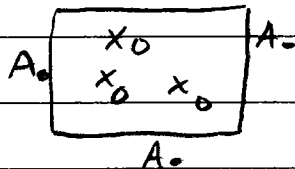
CHANGE - DIRECTION

SWITCH - BALL

GO - PACE

NOW - GRID

II PASSING / RECEIVING w/ PRESSURE



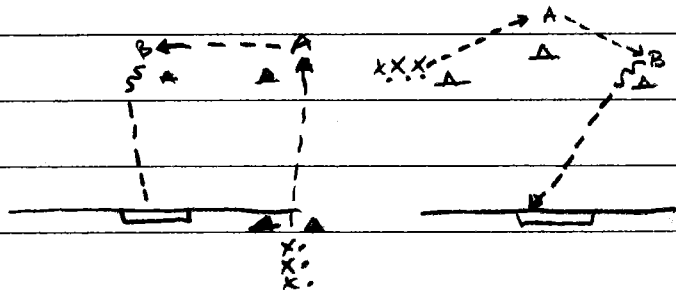
- X ATTEMPT TO GET & GIVE BALL BACK
 W/O DEF (O) TOUCHING BALL
 * NO ONE TOUCH
 VAR. - GIVE BACK TO DIFF. A

III POSSESSION - 2 LG GRIDS

- 4 v 1 OR SIMILAR TIMED

IV SHOOTING

PASS/REC/SHOOT



V WORLD CUPPY

VI SSG