

U106 2010-06-04

TRAINING

I WARM UP - GRID HANDBALL

- MAX MOVEMENT
- BALLS TO NOT TOUCH GROUND

JOG
SKIP
SPRINTS

II 50/50'S - AGGRESSIVE PLAY (2 STATIONS)

- COACH SERVE 50/50 TO 2 PLAYERS
- PLAYERS ATTACK BALL & COMPETE FOR POSSESSION
- DRIBBLE TO SIDE OF GRID UNDER CONTROL

III 3 v 3 v 3 TRANSITION GAME

TRY GOING TO BIG GOAL?

ENCOURAGE MAX STRIKES ON GOAL

IV TRIANGLE GOALS PASSING GAME

V 55G TO BIG GOALS?