

I WARM UP / BALL FAMILIARITY

A. LARGE GRIDS

- DRIBBLING - USUAL EMPHASIS
- CADENCES
- PASS & MOVE

II PASSING & MOVEMENT / DEFENDING

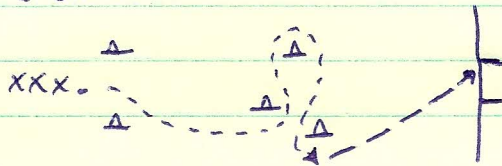
- 2 DEFENDERS VS ? ATTACKERS - LARGE AREA
- ATTACKERS ATTEMPT TO "SPLIT" DEFENDERS W/ A PASS
- DEFENDERS PREVENT SPLIT BY MAINTAINING DEFEND/COVER
- LIMIT ATTACKERS # OF TOUCHES

- 1 DEFENDER VS. ? ATTACKERS - SMALLER AREA

- DEFENDER ATTEMPTS TO "TAG" PLAYER IN POSSESSION (SWITCH ROLES)
- ATTACKERS TO MAKE GOOD QUICK DECISIONS
- DEFENDERS TO CLOSE SPACE QUICKLY

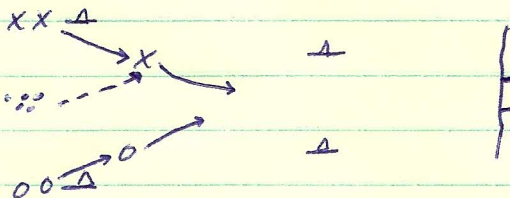
"DEFEND" =
"DON'T STAND THRU,"
"STAND SMALL"

III DRIBBLE & SHOOT



- USUAL SHOOTING EMPHASIS
- COACH GK PROVIDE REBOUND
- FAST PACE

IV CONTROL / SHOOT UNDER PRESSURE



- COACH SERVE TO X TO RUN ONTO
- O DEFEND
- SHOT BEFORE DESIGNATED LINE
- SWITCH LINES

V UP NOT BACK TO PUGG GOALS

TRANSFER BOX

TRANSITION GAME

SSG.

3 LINE GAME