

I. WARM UP

- A. DYNAMIC
- B. GRIDWORK
 1. CADENCES

II. PAIRS / THREE'S PREFERRED

- A. PASSING - LARGE SPACE - NEVER STRIKING DEAD BALL
 1. FAIRLY CLOSE - FOCUS = TECHNIQUE & ACCURACY
 2. EXPAND DISTANCE - SAME FOCUS
 - a. MAINTAIN PROPER PUSH PASS TECHNIQUE
 - ?? $\circ \circ$ TRANSITION TO ACCURATE LONG DIST. (DRIVEN) PASS

SECONDARY
FOCUS = CONTROL
OF PASS

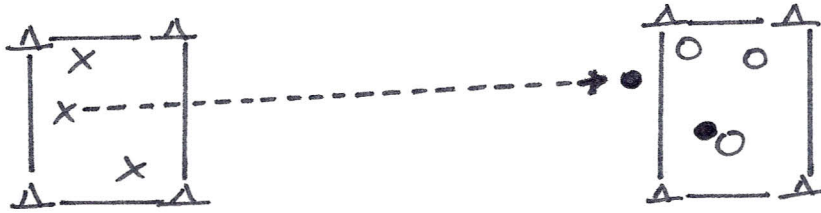
III. SSG'S

- A. PASSING GAME W/ CONTROL
- B. 2 v 2 QUICK SWITCH TO TARGETS
- C. 4 v 4 OR SIMILAR
 - TO "INVERTED" GOAL (MUST SCORE FROM OTHER SIDE)
 - SHORT/SHORT/LONG BEFORE GOAL (PASSES)
 - 4 CORNERS/BOX GOALS - PASS INTO FOR POINT

 - FREE PLAY

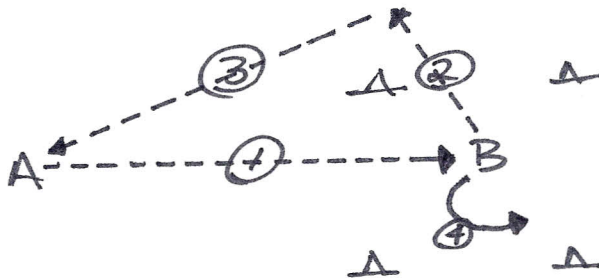
IV. COOLDOWN

PASSING GAME W/ CONTROL



- ACCURACY
- CONTROL

- X v S. O, 2 BALLS
- PLAY/PASS BALL TO OTHER GRID
 - POINT IF OTHER TEAM DOES NOT CONTROL BALL IN THEIR GRID.
 - POINT TO OTHER TEAM IF BALL DOES NOT ENTER OTHER GRID

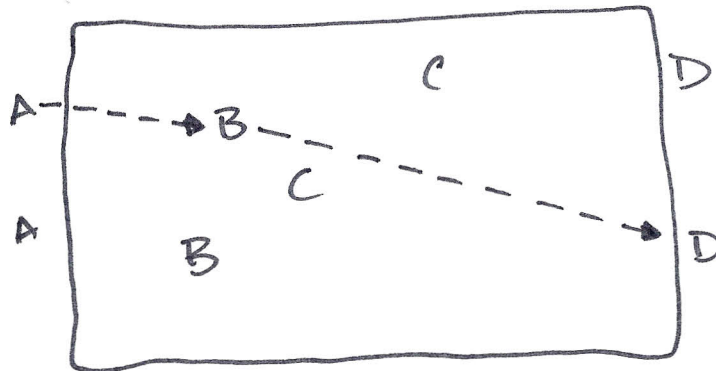


- ACCURACY
- CONTROL
- COMPETITION??

A PASS TO B.
B CONTROLS BALL TO OUTSIDE OF SQUARE, PASSES BACK TO A
B TURN & REPEAT WITH C, ROTATE AFTER TIME

2 v 2 QUICK SWITCH

20x20 GRID



- TEAM IN POSSESSION PASS TO TARGETS ON OTHER END.
- TARGETS RETURN BALL TO TEAM WITH POSSESSION
- PLAY IS CONTINUOUS IN BOTH DIRECTIONS
- ROTATE