

# UIIG 2010-09-21 TRAINING

FOCUS:  
DO NOT TURN  
BACK ON DEFENDER!  
FACE THEM & TAKE  
THEM ON!

## I. WARM UP

A. DYNAMIC

B. GRID WORK → HANDBALL VS. FOOTBALL

→ END WITH CALLING OUT #'S FOR GROUPS - END ON 2 FOR RANDOM PAIRS

## II. PAIRS IN GRID - 1v1 - SET UP GRIDS AS FOR "GAUNTLET" 4 OR 5 DEEP

A. PLAYER W/ BALL START IN MIDDLE, BACK TO DEFENDER.

1. ATTEMPT TO TURN & FACE ONLY AGAINST PASSIVE DEFENDER

2. SAME, DEFEND AT 100%

3. SAME, ONCE TURNED, BALL TO END OF GRID UNDER CONTROL

B. 1v1 ACROSS GRID - PASS TO ATTACKER - TO END UNDER CONTROL

\* AVOID SHOWING BACK \* TIMING OF SKILL

## III. GAUNTLET 1v1

A. 1v1

B. 2v1 ??

LEAVE OUT IF PRESSED FOR TIME

## IV. 1/2 TEAM OR FULL SQUAD EAGLES NEST GAME - TEAMS OF 2 OR 3

> 1/2 FIELD, TEAMS MAKE OWN NEST.

## V. SSG'S

A. TO END ZONES

1. STRETCH TARGET FOR PASS IN ZONE

2. PASS OUT OF END ZONE (SUPPORTING RUNS)

3. DRIBBLE IN

4. NO RESTRICTIONS

B. LINK 10 GAME TO BIG GOALS, SMALL GOALS TO COUNTER TO AT MIDFIELD