

FIELD #8

5:45 - 7:00

U13

MIKE DIETRICH - MGR

15/20

I WARM UP - I.V.1 SHIELDING FINE - DIRTY - FAIR

- GRID

LEAVE, CHANGE, SWITCH

LEAVE - LEAVE BALL (STOPPED) FIND ANOTHER

CHANGE - CHANGE DIRECTION

SWITCH - FIND SOMEONE TO TRADE BALL

10

II SKILL

PASSING, PLAY & MOVE / SHOWING FOR PASS (CHECK TO / AWAY)

SCHOOL CIRCLE

Check to (show) - quick burst towards ball - pass to feet

Check away - quick burst into undefended space - push to space

10/15

III DRILL

Groups of 2

basic show & check away



20/30

IV Game

Small goals

goal = 1 pt

6 passes = 10 pts

check/show = 5 pts

no move = 5 pushes.