

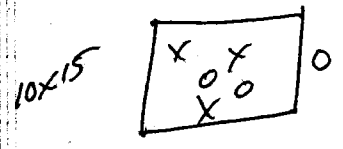
2/6/97

U17 GIRLS BLACKHAWKS PRACTICE 6-7³⁰ WASH. MIDDLE SCHOOL

I WARM UP

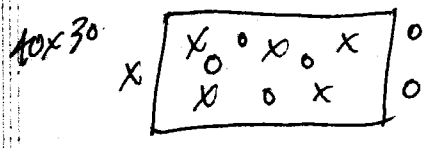
- A. 1/2 & 1/2 SIMPLE PASSING (LIMIT 5 TOUCHES)
- B. 1/2 & 1/2 TURN / MAN-ON.

II 3 v 2



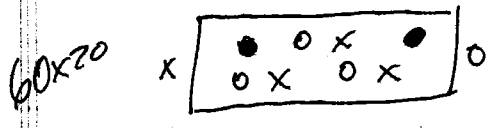
- #'s ↑ - SCORE BY SPLITTING DEFENDERS
- DENY TRANSITION AFTER TURN OVER
- #'s ↓ - MAINTAIN SHAPE (AVOID SPLIT)
- MAINTAIN POSSESSION AFTER TURN OVER AND FIND 3rd PLAYER.
- BALL O.O.B. BY DEFENDERS IS NOT A TURN OVER
- BALL O.O.B. BY ATTACKERS IS A TURN OVER.

III 5 (+1) vs. 4 (+2)



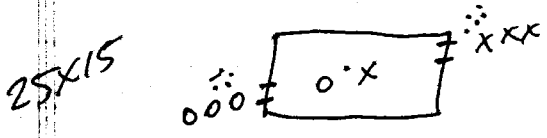
- PASS TO TARGET TO SCORE
- #'s ↑ - ONE BACK PLAYER FOR SUPPORT
- #'s ↓ - PASSES TO TARGET COUNTS TWO GOALS
- 2 BACK PLAYERS FOR SUPPORT
- 5 MIN BEFORE REVERSING #'S.

IV 4 (+1) v. 4 (+1)



- LONG, NARROW FIELD
- PLAY TO TARGETS TO SCORE
- USE SUPPORT PLAYERS FOR HELP
- PREMIUM ON LONG, ACCURATE PASSING.

V INDIVIDUAL DEFENDING



- ONE PLAYER PASSING ACROSS GRID & MOVE TO CLOSE
- & STAYED SHANNING AWAY FROM GOAL
- PLAYERS DRIBBLE THRU GOAL TO SCORE
- BALL O.O.B. OR GOAL IS SCORED, NEXT PAIR
- BEGINS w/ PASS FROM OPPOSITE SIDE
- KEEP TEAM SCORE

VI BALLS ON CONES