

Blackhawk Practice

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6:15 - 8

U17

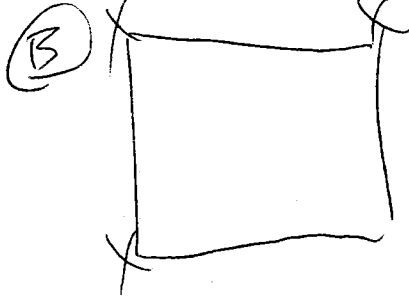
@ Mac Murray.

I. Warm up

- (A) Pass & move $\frac{1}{2}$ & $\frac{1}{2}$
- (B) Close ball control
 - (1) Side to side
 - (2) Triangle
 - (3) Cones

II Passing & moving

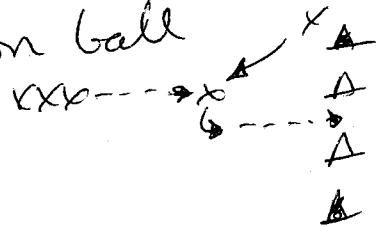
(A) ~~LOTTED~~ PASSING.



* Pass & move to other corner

* Player moves to other corner & meets ball

→ Preventing touch & deny time on ball



III 3 v 2 transfer box

IV Balls on Cones

V 3 line game

VI link 10