

4/29/97 5-7 pm @ McALEERTY

## BLACKHAWKS GIRLS U17 D1 PRACTICE

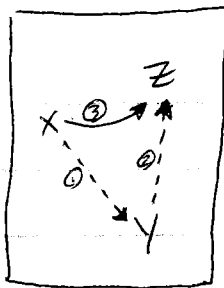
### I WARM UP

- A. 1/2 & 1/2 w/ BALL - PASS & MOVE
- B. SHADOW PARTNER - ON WHISTLE - SPRINT TO CATCH

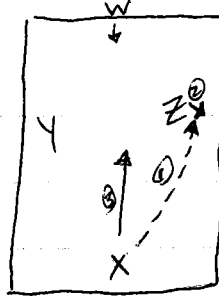
### II CIRCLE WORK

- A. PASS TO PLAYER, TAKE THEIR SPOT
- B. PASS TO PLAYER, PLAYER TO LEFT/RIGHT OVERLAPS, PLAY BALL IN, ORIGINAL PASSER OCCUPIES NEW OPEN SPACE

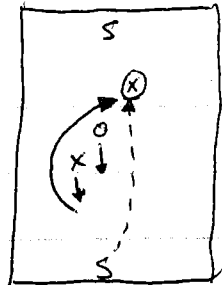
### III 2 v. 1 / 2 v. 2 / 2 v. 1 TO TARGET



X TO Y  
Y TO Z  
X CHALLENGE Z  
Z BALL TO Y  
ROTATE

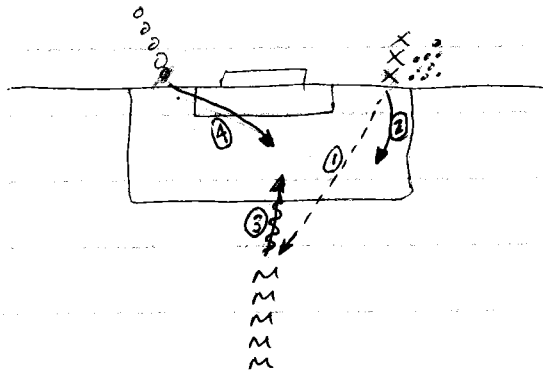


X TO Z  
Z TO BALL  
Z & Y TO ENDLINE  
INTRODUCE W FROM BEHIND TO ADD PRESSURE TO Z & Y



X CREATE SPACE BY V LINES  
X GET BALL TO OPPOSITE S  
O DEFENDS

### IV



w/ EVERY PASS, ANOTHER DEFENDER (O) AND MIDFIELDER (M) ENTER PLAY  
PLAY TILL GOAL OR O.O.B.

### V

LINK 10

### VI

FITNESS / PAPERWORK.