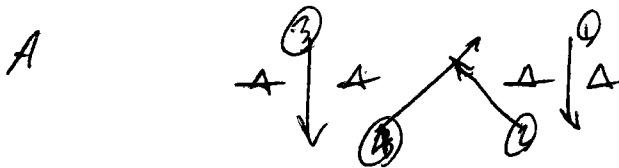


5/30/97 Blackhorns Gulls Practice U17
5-7 Medway

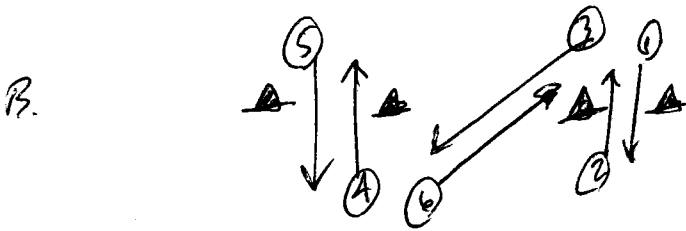
I WARM UP

- A. 1/2 & 1/2 PASS & MOVE
- B. STRETCH

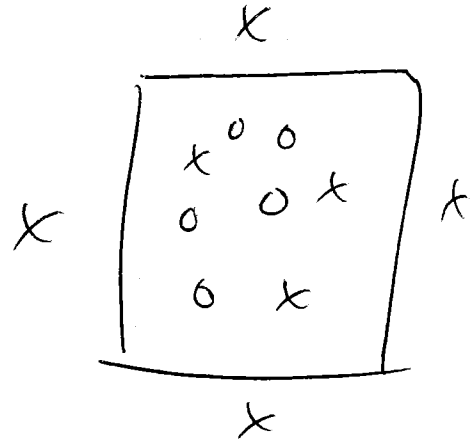
II QUICK PASSING - IN Pairs



OPEN UP HIPS TO
PASS DIAGONAL



III 3 vs 4 in grid - 4 outside
3's always in possession
4 outside only, one touch
if 5's win ball, back to X



IV SAA w/ GOALS

