

6/18/97 Blackhawk Practice

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I Warm ups.

- A. circle of cones - get to open cone
- B. hand ball

1. jogging
2. skipping
3. side step

C. 5 v 2 keep away 20 yd grid

II Heading.

- A. - ball coming straight down - head straight to partner.

III Dribble Passes with partner. - NOT chopping.

IV Curved Balls

V "Balls on Cones"

VI Link 10.