

1/9/97

Blackhawks U17 Girls Practice

I WARM UPS

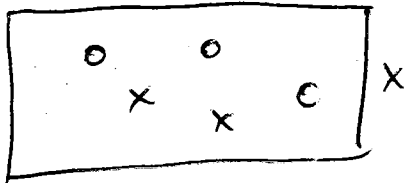
A) 10 x 10 GRID

4 (OUTSIDE) v. 1 (INSIDE) POSSESSION

B) 15 x 10 GRID

3 v. 2 (1 RESTING)

20 MIN.



- # ↑ - SCORE BY SPLITTING DEFENSES - LIMITED TOUCHES
- # ↓ - MAINTAIN SPACE AVOID SPILT - MAINTAIN POSSESSION ON THE WING AND FIND 3rd PLAYER

II

1 v. 1 / 2 v. 1 / 2 v. 2 10 x 10 GRIDS

- 10 MIN
- 10 MIN
- 10 MIN

A) 1 v. 1 - 1 GRID

B) 2 v. 1 (1 RESTING) - 2 GRIDS - MUST GET TO TARGET LINE

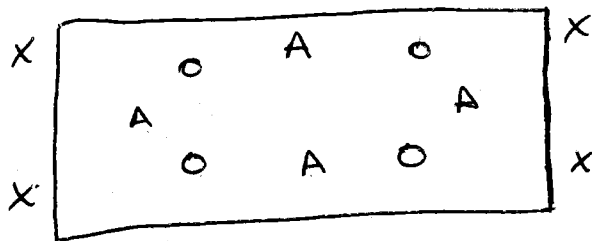
C) 2 v. 2 - 2 GRIDS - TARGET LINE - NON STOP GAME

III

POSSESSION 35 x 25 GRID

(3 TEAMS OF 4) 4(+2) v. 4(+2)

15-20 MIN



FIELD PLAYERS: SUPPORT TARGET PLAYERS TO SCORE

TARGETS: ACT AS SUPPORT BETWEEN PLAYERS PASS TO TEAM w/ POSSESSION

IV

GAME w/ GOALIES (SIDE NETTING)

BALANCE OF TIME