

7/25 Blackhawks U17 Girls Practice

8-10 am SPT

I Warm up

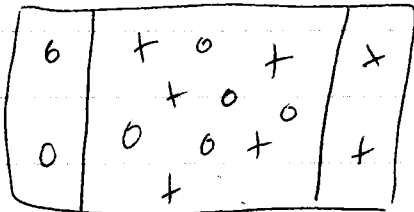
A. Circle Game

B. 1/2 & 1/2 Passing

1. Straight passing

2. "Turn" & "Man On"

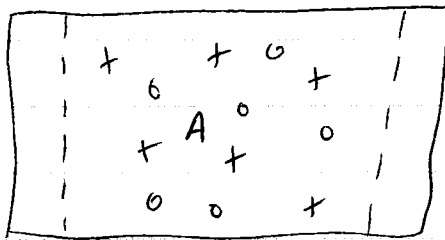
II 5 v 5 Possession + 2 targets



score points for ball to targets.
- target get ball & give to nearest opponent

restriction - only pass forward/backward

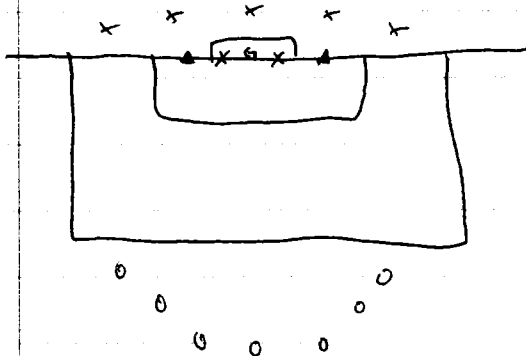
II 6 v 6 + 1



a player must stretch to end-zone & receive ball under control for a point

restriction: must have a player touch ball in own end-zone before other end may be attacked.

III



+ vs 0
5 min

0's shoot on goal, one at a time
Goal equals point and 2x defenders on line must sprint around cones while shooting continues X players behind goal snag balls & supply to 0 players if 0's run out of balls because of X players, points may be awarded to 0's.