

11/19/97 Blackhawk practice

U/9

I. Warm up

A. Drizzle / pass / move

1. Turn / man on

B. Groups of 3

1. Check towards / Check away / overlap

II. Circle work

A. Receive ball, player to left goes on overlap, play ball on

B. Pass ball - "Man on" / "True"

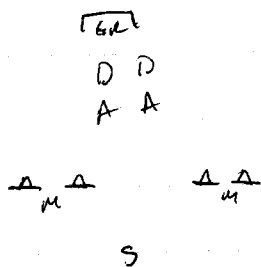
C. 2 & 1/2 balls in outside - check away / towards to receive pass give ball away - timed.

III. Defenders / M.F. / forwards

A. 3 lines , +1 M.F. +1 Defender at each pass

IV. numbers down & recovery for defenders - 3 lines of players

V.



Server passes to Attackers who are checking for pass. receive ball at back to goal. attempt nearly shot may drop ball to Midfielders for 1st time shot

M → A, A → D, D → end of line

Game. 3 hours. Score = Stay on  
Scored on = off visiting team on