

8:10 - 9:10

417

12/10/97

Blackhawks practice

- Augsburg

I. Warm up - dribbling on grid

A. Pass & move ($\frac{1}{2}$ & $\frac{1}{2}$)

B. Pass & move (turn / man-on)

II. Circle work

- pass in, player to left overlaps

- ball on outside - check to / check away from ball, receive pass
give ball away

III small sided game

- 4 goals, 6 yds wide - goalies

- field appropriate for numbers

A. passes for forfeit - pushups

IV 3 line game