

1/7/98

# Blackhanks practice

# U17

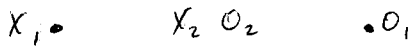
## I Warm up

- A. 1/2 & 1/2 pass & move
- B. 2 x 2 individual grids

## II Quick passing in cones

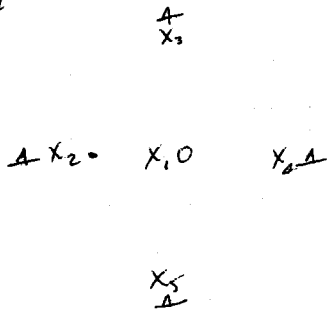
## III 3v1 in grid, player w/ ball must always have 2 options

## IV Forward play



X<sub>2</sub> takes O<sub>2</sub> away from X<sub>1</sub>  
 X<sub>2</sub> ✓'s forward to receive ball  
 X<sub>2</sub> has 2-3 touches & plays ball back  
 O<sub>2</sub> does same  
 → SAA but attacker tries to turn & face defender

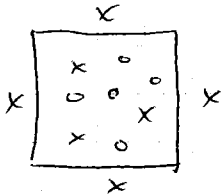
## V Forward play



X<sub>1</sub> receive ball from X<sub>2</sub> & tries to get ball to opposite player (X<sub>4</sub>) may play to other players but gets no threat. - rotate

var. must dribble to an outside player for them to touch before advancing.

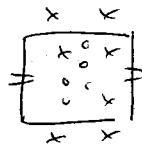
## VI 5v3+4



3's always in possession  
 4 outside one touch only  
 if 5's get ball, give back to 3's after push-ups

## VII 5v3+4 to goals

S-AA but to goals



## VIII Link 10.