

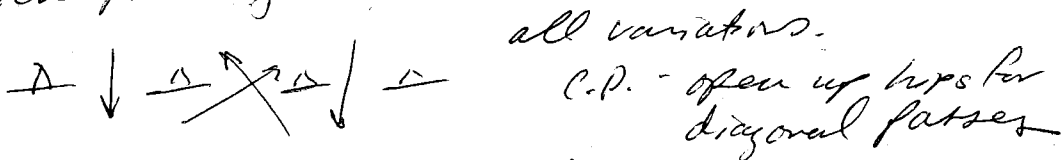
1/7/98 Blackhawk practice
9⁰⁰ - 11⁰⁰ @ Augsburg bubble

UM

I Warm up

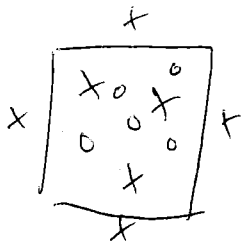
- A. 1/2 & 1/2 pass & move.
- B. 2x2 grids dribbling

II Quick passing.



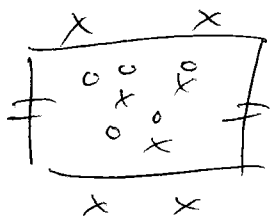
III 3v1 in grid, player w/ ball must always have both options

~~III~~ VI ~~5v3+4~~ 5v3+4 - possession in attacking 1/3



3's always in possession
4 outside one touch only
if 5's get ball, give back to 3's after f.u.p's

~~IV~~ VII S.A.A. w/ goals



variation: allow outside players 2 touches

IV ~~X~~ Forward play.

X₁.

X₂ O₂

.O₁

X₂ takes O₂ away from X₁
X₂ v's forward X₁ & receives ball
X₂ has 2-3 touches (holds ball)
& plays back to X₁
O₂ does same (back & forth)
rotates

Dr Link 10

Carry on: S.A.A. but attacker tries to turn to face defender.