

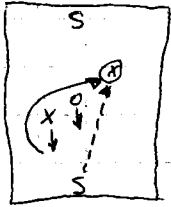
I Warm up

A. Shadow partner

1. jogging
2. skipping
3. hopping
4. jogging - both w/ ball.

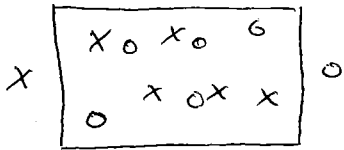
B. 1/2 & 1/2 pass/dribble.

II 2 v. 1 to target.



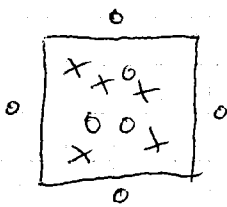
- x create space by checking run
- x get ball to opposite S
- O defends.

III 5 v. 5 to target (1 or 2 targets)



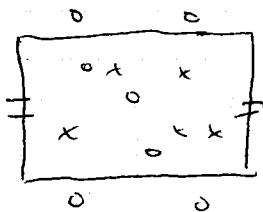
5 v. 5 to ^{opposite} target(s), can use own target(s) for support (1 touch only)
 look for penetrating pass to target.

IV 5 v. 3+4



- 3 O's in middle always have possession
- 4 X's outside have one touch only
- if X's get ball, O's = 5 pushups and get ball back.
- rotate

V 5 v. 3+4 to goals



S.A.A. but to goals

