

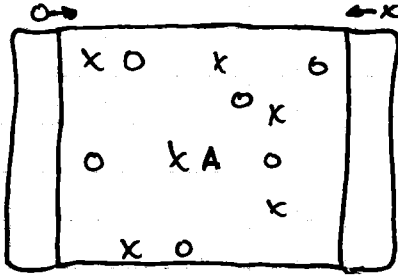
# 1/21/98 Blackhawk practice

U19

## I. Warm up

- A. 4v2 possession in grid (30x30)
- B. 3v1 transfer box (15x15 / 15x15)
- C. 3v2 possession (one waiting outside)

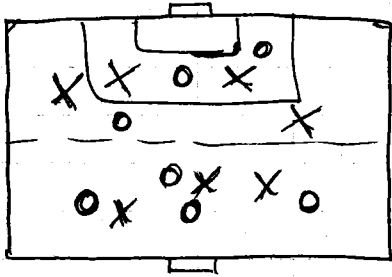
## II. 50x60 grid 6v6 + 1



player must stretch to end zone and receive ball under control for point.

var: must have own player touch ball in our end zone before other end zone can be attacked.

## III. Passing into finishing.



3v2

4v3 in both halves, defenders #'s up  
defenders looking for off ball supporting runs  
for 1st time strike to goal

forwards looking to check back from deep to  
either turn & shoot quickly or lay off for incoming  
3rd attacker.

## IV. Link 10

V. 7 ball server & 7 balls (or more)  
4v3 in box

x's score a point for scoring goal

o's score a point for killing ball dead

players on outside act as a wall (one touch only) to play ball  
back in to X's to score on or may take a one time strike  
to goal.

## VI. Small sided game.