

2-11-98 Blackhawk Practice.

U19

I. Warm up.

A. IN pairs, passing

- inside-inside / outside-inside

- 2 balls, down parallel channels.

} heels up.

B.  $\frac{1}{2}$  &  $\frac{1}{2}$  passing.

C. Stretch

II 5 v. 2 possession in 25 x 25

III 4 v 4 to small goals 44 x 20

A. touch restrictions

B. passing restrictions.

IV Link 10

V Over game?