

2/25/98 Blackhawk Practice

9-11pm Augsburg

U17

I 5v2 Possession in 25x25 - WALL PASSES = PUSHUPS

II 3v2 transition box 10x15 - WALL PASSES = PUSHUPS (5)
SPLIT = PUSHUPS (3)

III 4v4 to Small goals

A - emphasis on movement after the pass and off ball movement

B - FORGETS

1. No movement AFTER PASS = 7 pushups

2. Complete 5 passes = 5 pushups

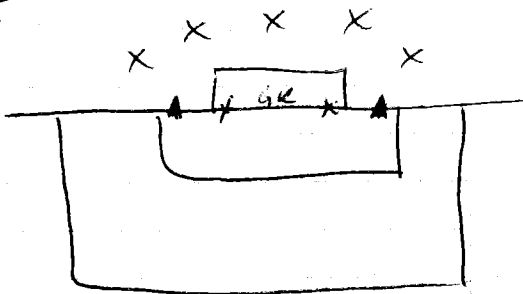
3. Score goal under control = 2 pushups

IV 3 line game - no movement = SWITCH

A - passes

B - wall passes

GAME



X vs O

time 4 min

O's shooting on goal, one at a time

goal equals 1 point and 2 X defenders on line must sprint out to cones while shooting continues X players behind goal shag balls and supply them to O's.

If O's run out of balls due to lack of shagging, they may be awarded points.