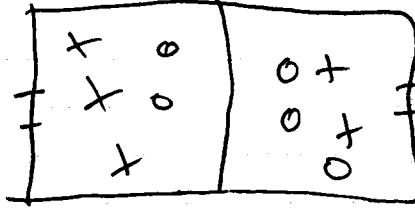


I Warm up

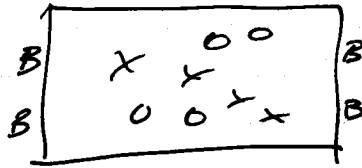
5v2 in Grid. Possession.

II 3v2 in 1/2  
4v3 in 1/2



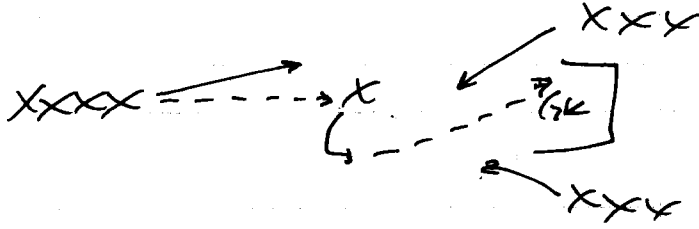
v) → Big Goals w/ GK's?  
v) limit #'s ↑ touches

III 4+2 v 4+2



Streams of 4 or 5  
Play to targets  
Use back targets for 1 touch support.

IV Presenting turns, dry time on ball & shooting 2v2.



Player who receives ball  
either turns & shoots  
or lays off for nearest  
midfielder to one time.

V 4v4 v 4 to big goals

limit touches

limit time.

