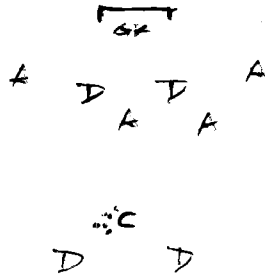


6/11/98 Blackhawk practice @ Net Ministries  
UL7

I WARM UP

5v2 POSSESSION / 3v2 TRANSFER BOX

II DEFENSIVE RECOVERY - QUICK TRANSITION DEF. TO ATTACK



DEFENDERS THAT ARE HELD BACK CANNOT GO UNTIL BALL IS TOUCHED BY AN 'A' PLAYER

VAR: ADD ANOTHER 'D' HELD BACK (5v4) 'D' PLAYERS HAVE 10 SECONDS TO GET ON THE ATTACKING SIDE OF COACH ONCE THEY TAKE POSSESSION

III MODIFIED LINK 10



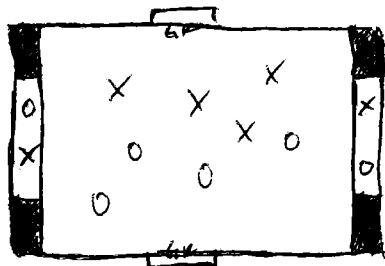
3 v 5 IN AREA 40 YDS IN FRONT OF GOAL.

'A' PLAYERS ATTEMPT TO LINK 5 PASSES AND END WITH A SHOT ON GOAL

'D' PLAYERS ATTEMPT TO GAIN POSSESSION OF BALL AND PLAY IT TO THEIR TARGET PLAYERS WHO MUST MAINTAIN POSSESSION UNTIL A 'D' FIELD PLAYER CAN CROSS 40 YD MARK TO RECEIVE A PASS FOR A POINT



IV GAME



- GOALS CAN ONLY BE SCORED WITHIN 2 POSSESSIONS OF A CROSS

- PLAYERS IN SIDE CHANNELS ARE NOT TO BE DEFENDED AND MAY ONLY HAVE 3 TOUCHES

IDENTIFY PLAYERS THAT WILL NOT BE GOING TO ROCKFORD