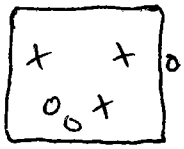
NO AMY

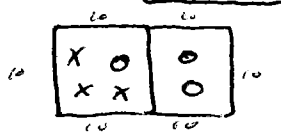
7/25/96 VALLEY PRACTICE U17

I WARMUP

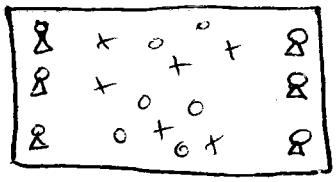
A. 3 v 2 POSSESSION 15 x 15 GRID



B 3 v 1 TRANSFER

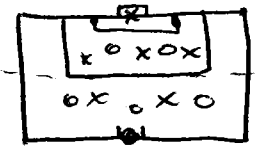


II A. 6 v 6



begin w/ 1 ball (then 2) passing ball around trying to knock off other teams balls.

III



3 v 2 on both sides (+ GK) STAY ON OWN SIDE - START W/ FORWARDS NOT DEFENDING.

IV 6 V 6

ARRANGE IN 2-3-2

(1/2 FIELD) SPLIT FIELD INTO 1/3

1 M.F. CAN GO UP FOR ATTACK

V SCRIMMAGE 5 v 5 / 6 v 6

VI CLOSE 10