

2/20/97

8<sup>30</sup> - 10<sup>00</sup> AUGSBURG

PAM TINE

# BLACKHAWKS GIRLS U17 PRACTICE


## I WARM UP.

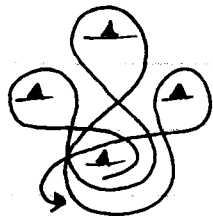
A. 1/2 & 1/2 SIMPLE PASSING

B. 1/2 & 1/2 TURN / MAN-ON.

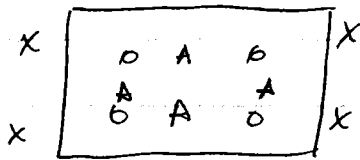
## II BALL SKILLS - EACH GIRL = 4 CONES

A.  - FACING FORWARD

B.  - FACING FORWARD  
- FACING DIRECTION OF TRAVEL

C.  - FACING DIRECTION OF TRAVEL

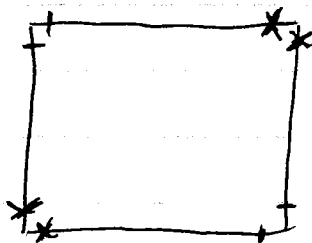
## III POSSESSION 35x25 GRID 3 TEAMS OF 4 4(+2) v 4(+2)



FIELD PLAYERS - SUPT TARGETS

TARGETS & ARE AS SUPPORT BEHIND PLAYERS  
PASS TO TEAM w/ POSSESSION

## IV FOUR CORNER (SMALL SIDED GAME)



CONCENTRATION ON POSSESSION - 5 PASSES

OTHER TEAM 5 PUSHUPS.

## V GAME LINK 10