

4/29/98 GIKES U18 BENCH HANDS PRACTICE @ FRONT FIELDS

I WARM UP IN GRID

A. PROGRESSIVE PASSING / TAKE OVERS

GK USE HANDS

B.  $\frac{1}{2}$  &  $\frac{1}{2}$  PASS (TURN / MAN ON)

GK USE HANDS

C. TURN SWITCH CHANGE

II 3 LINE GAME - GK'S CAN HANDLE BALL  
PASSES  
SPILT  
GIVE & GO

III 4 CORNER FLAGS (GK'S GRID)  
TOUCH BALL TO FEET UNDER CONTROL

IV 4 v 4 v 4 - SCORING TEAM STAYS ON

V 1 v 1 TO END OF GRID

VI STRETCH

? TOURNAMENT ?

CALLING TREE

\* NO POLONO