

5/3/98 U18 Blackheads Practice Inver Hills Community College

I Warm up $\frac{1}{2}$ $\frac{1}{2}$ different colors

A. $\frac{1}{2}$ & $\frac{1}{2}$ with ball

1. pass only to same colors

2. pass only to opposite colors

B. 2 balls - fewest touches possible - alternate white/yellow/white

C. Shadow partner

II 1 v 1 to end of grid (10 x 15)

III 2 v 1 to end of grid (10 x 15)

IV 4 v 4 v 4 big goals - scoring team stays on.

V 6 v 10

Shooting drill w/ defenders also in goal

4 corner goals.