

5/10/98 Bluehawks girls U19 Practice
Laney High School - Colleg. 12-2 P.M.

I. Warm up

A. 5v2 possession - 25 yd grid - no splits

B. 15 yd grids

1. 3v2 transition box.

2. 3v1 transfer box.

II Practice

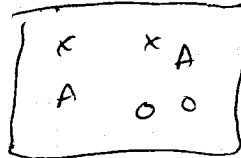
3 Line game



ball must be taken thru
each gate before being
shut over.

no limits

Mod world cup



3 groups of 2
remainder of players fielding

2 min then switch

4v4v4 to big goals / small goals

first team to 5 = no shuttles

Link 10

balls on cones game

team clinic U193?