

Blackhawks Practice 4/23/97

U19

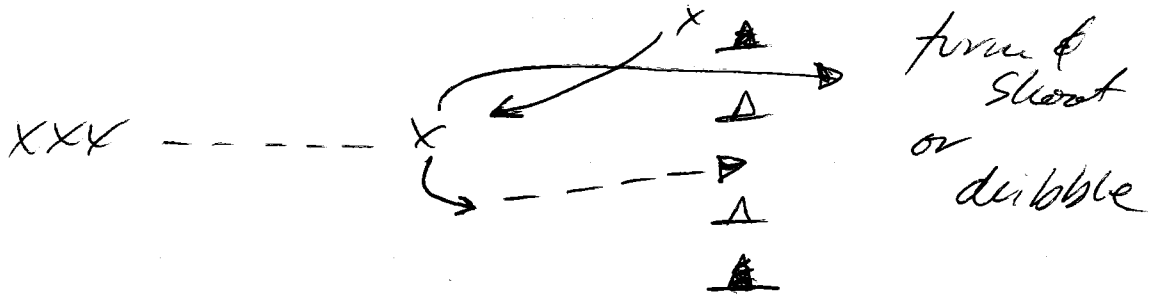
## I Warm up

- A.  $\frac{1}{2}$  &  $\frac{1}{2}$  Pass & Move
- B.  $5v2$  /  $3v1$  on grids

## II GAUNTLET

- A. LARGE GRIDS
- B.  $1v1$  First
- C.  $2v1$  NEXT.

## III Preventing turns & being true on ball



## IV Small sided game

- a. 3 teams ? - if necessary.