

2/4/98 Blackhawks practice 9¹⁰-11¹⁰ pm @ Augsburg U19
"Interactive Play"

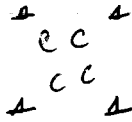
I Warm up.

A. Hand ball - approx. 1/2 w/ & 1/2 w/o ball

- 1. natural movement.
 - 2. lateral movement.
 - 3. shuffling movement.
- } incorporate stretching

II Warm up game

- 3 even teams, when ball is put into play, teams try to stop ball under control in their own area.



III Gauntlet - Set up 2 gauntlets - 4 deep

A. 1 Attacker

B. 2 Attackers - both must handle ball in each grid

IV "up not back"

- A. Each team attempts to shoot as soon as possible 2-2-1
- players may move forward one grid to attack but 3-3-2
- may not retreat past their original grid to defend.

V 4 corner goal possession game

VI Balls on cones game.

VII Link 10

