

3/11/98 BLACKHAWKS PRACTICE 9¹⁰-11¹⁰ - AUGSBURG
3/18/98

U/9

I WARM UP

- A. CIRCLE GAME
- B. TURN SWITCH CHANGE
- C. PROGRESSIVE PASSING, PROGRESSIVE TAKE OVERS
- D. 4 CONE DEFENSIVE DRILL
- E. STRETCH.

30 MIN.

II 3 LINE GAME

- A. GIVE & GO PASSES
- B. # OF PASSES
- C. SPLIT DEFENDERS

30 MIN.

III 4 v 4 v 4 (25 x 25 GRID)

- SCORING TEAM STAYS ON
- FIRST TEAM TO 5 = NO SHUTTLES

30 MIN.

IV SMALL SIDED GAME

MIN.