

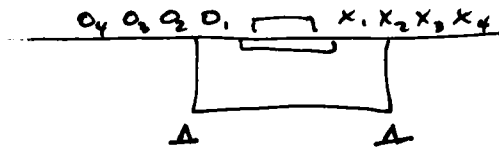
# 9-30-05 U6 PRACTICE

## I. WARM UP

- DRIBBLING IN GRID - USUAL EMPHASIS.

## II. SHOOTING GAME

- 2 EVEN TEAMS
- ASSIGN #'S TO PLAYERS (MATCH FOR SIZE/SKILL)
- CALL #, PLAYERS RUN AROUND CONE & COMPETE FOR SHOT ON GOAL



- ENCOURAGE EARLY SHOTS / DON'T DRIBBLE INTO GOAL

## III. KNOCKOUT GAME

- ENCOURAGE USUAL DRIBBLING SKILLS