

10/7/05 U6 COED PRACTICE

13 NORTH
SW PARKING

I. WARM UP.

- SOCCER FREEZE TAG - LARGE GRID

II. DRIBBLING IN GRID.

- VARIOUS RESTRICTIONS

(LEFT FOOT ONLY, RIGHT FOOT ONLY, DRAGBACK/HOOK ONLY)

III. RELAY RACES.

- VARIOUS DOWN & BACK CONE COMBINATIONS/SKILL COMBINATIONS

- PASSING FROM LAST CONE

- DIZZY 1224