

23  
SOUTH  
5/13/06 PRACTICE / GAME We

ISABEL  
HANNAH  
TIA  
EMILY  
RHEA  
ACISSA  
MELISSA  
SOPHIE  
MACY

I. WARM UP / BALL FAMILIARITY

- 5-10 MIN → A. LARGE GRID - DRIBBLING → ALL USUAL RULES
- 5-10 MIN → B. 1/2 w/ BALL, 1/2 w/o BALL
  - SAME RULES, LOOK FOR PEOPLE TO PASS TO
  - EMPHASIZE SPACE
  - PROPER TECHNIQUE

II SHARKS & MINNOWS (5-10 MIN)

- ONE PLAYER START AS SHARK (CRAB WALK)
- ATTEMPT TO KNOCK OUT OTHER BALLS AS PLAYERS
- MOVE FROM ONE END OF GRID TO OTHER (ON COACHES COMMAND)

III KNOCKOUT (IF TIME ALLOWS)

GAME POINTS -

- ENCOURAGE PLAYERS TO NOT BLINDLY FOLLOW BALL
- LOOK FOR SPACE / SPREAD OUT
- \*\* CONTESTS WITHIN THE GAME:
  - WHO CAN MAKE THE MOST GOOD PASSES DURING GAME?
  - WHO CAN FIND THE MOST GOOD TIMES FOR DRAG BACKS? HOOKS?

★ WE ARE NOT WORRIED ABOUT WHO MAKES THE MOST GOALS, THIS DOES NOT REALLY MAKE US A GOOD / BETTER PLAYER / TEAM. PASSES & GOOD SKILLS (DRAG BACKS) MAKE US A BETTER TEAM.