

15  
SOUTH

5/10/07 PRACTICE

U6

I. WARM UP / BALL FAMILIARITY

- A. LARGE GRID - USUAL "RULES"
- B. 1/2 W/ BALL, 1/2 W/O BALL
1. SAME RULES
  2. LOOKING FOR PASSING/RECEIVING CHANCES.
  3. EMPHASIZE "SPACE" & PROPER TECHNIQUE

ISABEL  
LINDSEY  
JULIA  
FAITH  
KIRSTEN  
ALISSA  
GRETA  
MELISSA  
KATLYN  
MORGAN

II SHARKS & MINNOWS

- 1. PLAYER AS SHARK (CRAB WALK) OTHERS MINNOWS
- MINNOWS DRIBBLE ACROSS GRID, SHARK KNOCKS OUT.

III SHOOTING TECHNIQUE (ADJUST AS TIME ALLOWS)

- LECTURE
- SLANT CONE SHOOTING SETUP

IV GAME PREVIEW

- GO OVER POSITIONS → 

LP	CF	RF
LD	CD	RD
	GK	
- GK RULES
- THROW IN TECHNIQUE
- GOAL KICK
- CORNER KICK
- ETC

V SMALL SIDED GAMES AS TIME ALLOWS