

5/17/07 6:30 PRACTICE / GAME

U6

ISABEL
LINDSEY
JULIA
FAITH
KIRSTEN
ALISSA
GRETA
MELISSA
KATLYN
MORGAN

I. WARM UP / BALL FAMILIARITY

A. LARGE GRID

1. STOP/GO
2. SIMON SAYS
3. DRAG BACKS / HOOKS

II. PASSING

A. SAME LARGE GRID

1. 60% / 40% - 40% w/ BALL, 60% w/o
2. LOOKING FOR CONSTANT MOVEMENT
3. SHORT TIME w/ BALL, GET LOTS OF PASSES IN.

III. GAME FOCUS:

- LOTS OF SPACE - NOT CROWDING BALL OR PLAYERS (TEMMINATES)
- NO SPACE TO OTHER TEAM WHEN THEY HAVE BALL
 - DON'T LET THEM HAVE SPACE TO PLAY!
- DON'T DRIBBLE BALL INTO GOAL - TAKE SHOTS EARLY
- WE WANT TO SEE: LOTS OF PASSES
 - LOTS OF DRAG BACKS
 - LOTS OF SHOTS ON GOAL (ITS OKAY TO MISS.)