

6-2-07

3⁰⁰-4³⁰

19 SOUTH

U6

I. WARM UP

A. GRID X 2

1. NORMAL ROUTINE
2. SWITCH / CHANGE / TURN

II. 60/40 (60% w/o BALL, 40% w/ BALL)

- A. ~~E~~ MOVEMENT AROUND GRID, PASSING
- B. LIMITED TOUCHES ON BALL (PASS QUICKLY)
- C. DO A MOVE BEFORE PASSING?
- D. CALL PLAYER OUT FOR SHOT?

III. DRIBBLE & SHOOT FROM OUTSIDE OF BOX.