

5/19/07

3:00pm

15 NORTH

PRACTICE G-UB

ISABEL  
LINDSEY  
JULIA  
FAITH  
KIRSTEN  
AUSSA  
GRETA  
MELISSA  
KATHLYN  
MORGAN

## I WARM UP / BALL FAMILIARITY

10 MIN

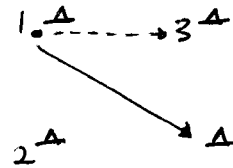
A. IN GRID - USUAL 'RULES'

## II PASSING & MOVEMENT

20 MIN

A. 1 GRID OF 4 CONES / 3 PLAYERS PER

- PLAYER W/ BALL PASSES TO EITHER OTHER PLAYER
- IMMEDIATELY RUNS TO OPEN CONE
- REPEAT
- VARIATIONS IF THEY 'GET IT'



## III AGGRESSIVE PLAY

30 MIN

A. 12 x 12 GRID (APPROX)

≈ "KEEP AWAY"

- 2 v 1 or 3 v 1

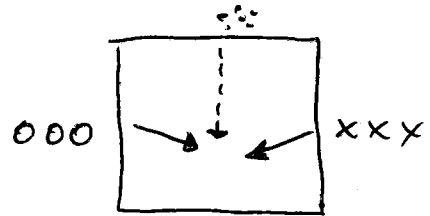
- SOLO PLAYER WINS BY TOUCHING → VAR. GAIN "POSSESSION"

- WORK HARD TO WIN BALL THEN 'REST' WHEN YOU HAVE POSSESSION

B. #'S GAME W/ VARIATIONS

- COMPLETE FOR BALL

- WINNER = 1<sup>ST</sup> TO TOUCH  
OR GAIN POSSESSION  
(GOAL/LINE/GOAL)



## IV GAME AWARENESS

10 MIN

SHORT TALK / DEMONSTRATION ON HOW WE SHOULD LOOK

WHEN OUR TEAM HAS THE BALL (SPACE) COMPARED TO

WHEN THE OTHER TEAM DOES (CLOSE/DENY SPACE - AGGRESSION)

## V SMALL SIDED GAME

20 MIN

VARIATIONS FOR SPACE/DENYING SPACE, AGGRESSION, PASSES