

NO MORGAN
AJ 1/2
GABBY 1/2



5/1/08 U9 GIRLS PRACTICE

6:00-7:30 Pleasant Woods

I. Handball 1/2 & 1/2 lateral and/skipping/regular.

I WARM UP - LARGE GRID

DRIBBLING w/ BALL

USUAL euphasis

Stop = stop

turn = change direction

Switch = trade ball

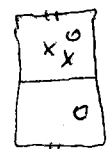
Go = change of Pace

II KEEP AWAY (timed) 2 large grids

> 2 groups, rotate thru middle (timed)

see how many times able to touch ball

> bonus not just touch but get possession



Skills

III 2 v 2

OR
3 v 3

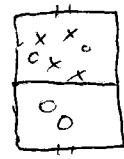
- 2 good size fields to small goals

> defensive player may advance to attack

but offensive player may not cross back to help defend.

(create #'s up - 2 v 1)

> same game, no restrictions



Skills

DID NOT DO

IV 4 v 4

5 v 5

- S.A.A.

depends on #'s

V Game w/ GK [GK

- contingency
- balls on cones game
- #3 game
- 3 teams / 3 box goals
- team bring ball into their box to score

FFW cone defensively

no ball
attacker w/ ball
both w/ ball

Game: goal = dribble over goal line. once it there restart.

4 v 4 or 5 v 5
each team w/ a player on their side line - only player allowed in that area created with a net w/ goal