

U96 2009-02-10

PRACTICE / WINTER TRAINING 6-7

I. WARM UP / BALL FAMILIARITY

- LARGE GRID

- DRIBBLING - USUAL EMPHASIS

- 1:2 / 1:3 BALL RATIO

- PASSING → EMPHASISE 1ST TOUCH ON RECEIVING THE BALL / PASSING TECHNIQUE

- MOVEMENT AFTER PASS

- MOVEMENT BEFORE PASS (CHECK TO)

II. 3 LINE GAME

III. SSG

2v2

3v3

U96 2009-02-10 FAST FOOTWORK

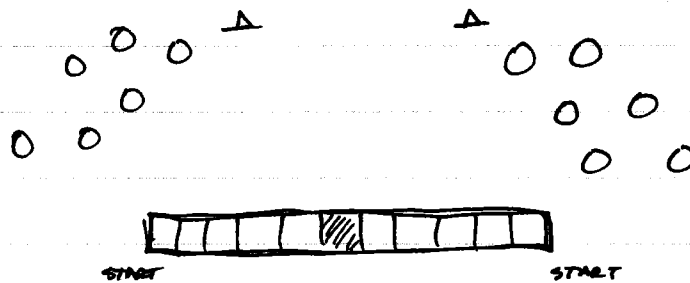
- BASIC LADDER DRILLS

- BASIC HOOP SKILLS

- BOUNDING

- JUMPING

- CIRCUIT COURSE



- ON BALL

- TRIANGLES

- (4) TOUCHES (4) PENSOULUMS REPEAT

- INSIDE/OUTSIDE/INSIDE/OUTSIDE