

5/3/09 U96 @BSC PRACTICE FUTURE CLOUD 4-5<sup>29</sup>

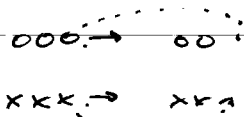
I. WARM UP - 2 GRID KNOCKOUT

II. LARGE GRID 60% w/ball 40% w/o  
PASS & MOVE (SKILLS) - PASSING ON THE MOVE (INTO SPACE)

III. 3 TEAM POSSESSION - LARGE GRID

IV. CONTROL, PASS, MOVE

- 2 TEAMS OF 5  
- 1<sup>st</sup> to 50 / # IN 1 MIN



V. 3 LINE GAME

VI. SSG. (REGULAR / ONE NICK / BOX GOALS (DID NOT DO))

VII. FAST FOOTWORK