

I. WARM UP

2 TEAMS VS 1 KEEP AWAY

II. DRY RUN / SHADOW

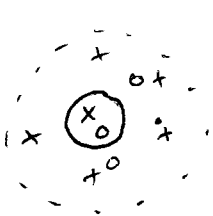
5 v 5 MOVING BALL AROUND & REACTING
GOALSIDE / EXPAND

III 70% CIRCLE 30% IN IT

PASS & REC BACK
PASS & OVERLAP TO REC BACK
PASS & AROUND DIFFERENT PLAYER TO REC. BACK

FOCUS ON WEIGHT OF PASS

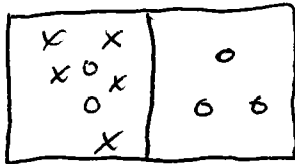
IV DEFENDING / PASSING - LARGE CIRCLE AROUND CENTER CIRCLE



- 6 v 3 (OR SIMILAR)
- X'S SCORE BY COMPLETING PASS TO AN X IN MIDDLE
- O'S DEFEND TO PREVENT PASS / GAIN POSSESSION
- O'S MAY NOT TOUCH BALL W/IN CENTER CIRCLE

FOCUS = WEIGHT & ACCURACY OF PASSES, DEFENDING, AWARENESS

V 5 v 2 TRANSFER BOX



- O'S GAIN POSSESSION & GET BALL TO OWN 1/2
- X'S MAINTAIN POSSESSION & GO FOR MORE PASSES
- ALWAYS 5 v 2

FOCUS - POSSESSION OFF BALL
- WEIGHT OF PASSES

VI 3 v 3 v 3

VII 556.
w/ GK'S ??

FOOTWORK ?