

NO AJ

## 6-2-09 PRACTICE

- I. WARM UP 2 TEAMS VS. 1 TEAM POSSESSION
- II. 5 v 2 TRANSFER BOX - LARGE AREA  

x	x	o	o
x	x	o	o
x	o		o

 GOAL = 10 PASSES
- III. DRY RUN / SHADOW 5 v 5 MOVING BALL AROUND & REACTING
- IV. 3 ATTACKERS VS. 2 DEFENDERS  
FOCUS  $\Rightarrow$  FEW PASSES / POSITION / EARLY SHOT / DEFENDING
- V. LINK 10 (6 v 4)  
FOCUS  $\Rightarrow$  PASSES / EARLY SHOTS
- VI. TRANSITION GAME  
TO GOALS?
- VII. SSG

FOOTWORK? END W/ SHOT?