

U96 2011-05-08

I. WARM UP

A. BLOB TAG

B. FOOTBALL VS HANDBALL

3.

II. PASSING

A. 3 TEAMS, 1 TEAM WITH BALLS, 1 TEAM ON OUTSIDE

1. TEAM W/ BALLS PUSH PASS, HIT OTHERS BELOW KNEE

2. TEAM ON OUTSIDE KEEP BALLS FROM ROLLING AWAY

B. SMALL TEAMS OF 3-4, 1 MORE BOX IN GRID THAN # OF TEAMS

1. TEAMS COMPLETE 3-4 PUSH PASSES W/IN BOX & MOVE TO NEW BOX BY PASSING.

2. CAN ADD RESTRICTION ON # OF PASSES BETWEEN BOXES

C. 3 TEAMS, FIELD SPLIT INTO THIRDS.

1. TEAM ON EACH END, DEFENDERS IN MIDDLE

2. END TEAMS ATTEMPT PASSES TO TEAM ON OTHER END.

→ COUNT SUCCESSFUL PASSES, TIMED

D. 3 v 1 / 4 v 1

1. ATTACKERS ON OUTSIDE COMPLETE PASSES TO ONE ANOTHER THROUGH GRID. DEFENDER ATTEMPTS TO PREVENT PASS.

→ ROTATE THROUGH MIDDLE, TIMED

E. SQUARE / TRIANGLE PASSING

1. MOVE TO OPEN CONE AFTER / BEFORE

→ TECHNIQUE & TIMING

III. SSG 3 v 3, 4 v 4 + 1 IF NEEDED.