

8/25/97 HHS VARSITY PRACTICE

I. WARM UP

A. CAPTAINS RUN / STRETCH

B. 20 x 20 GRID PASS & MOVE (TURN / MAN-ON)

- GRADUAL INCREASE # OF BALLS / GRADUAL DECREASE # OF TOUCHES

C. 10 x 10 GRIDS - 3 TO A GRID

1. PASS THEN MOVE TO OPEN CORNER - BALLS MUST KEEP MOVING

II. PASSING DRILLS

A. IN PAIRS, 2 TOUCH PASSING (INSIDE-INSIDE / OUTSIDE-INSIDE)

1. 2 BALLS PASSING DOWN PARALLEL LANES - PLAYERS MOVE BACK & FORTH

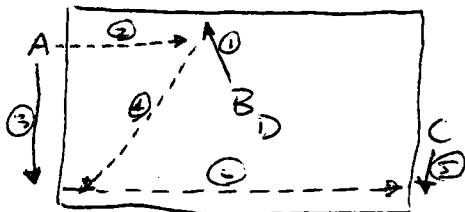
2. IN & OUT OF CONES

B. IN 3'S - 3RD PERSON COMBO'S

1. CHECKING TO / AWAY

2. OVERLAPPING

III. WIDE ANGLE (X) SUPPORT



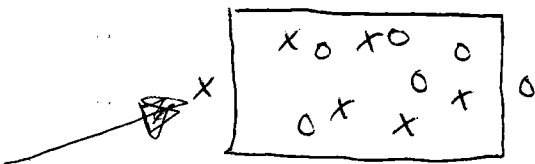
A STARTS W/ BALL, B V'S RUN TO SIDE (D FOLLOWS)

A PLAYS BALL TO B'S (2) FOOT & MOVES ON WIDE X

B RUNS TO A'S (2) FOOT TO QUICKLY PLAY TO C

BALL BEATS DEFENDER INSTEAD OF PLAYERS

IV. 5V5 TO TARGETS



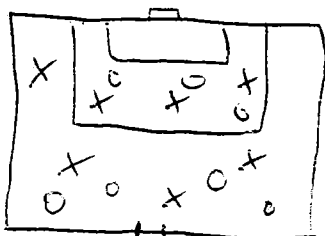
5V5 PLAYING TO OPPOSITE TARGET. CAN USE

OWN TARGET FOR SUPPORT

LOOKING FOR EARLY (1ST TOUCH) PENETRATING

PASSES TO TARGETS

V. PASSING INTO FINISHING



4 V 3 ON BOTH HALVES, DEFENDERS #'S UP
DEFENDERS LOOKING FOR OFF BALL SUPPORTING RUNS
FOR 1ST TIME STRIKE TO GOAL

FORWARDS LOOKING TO CHECK BACK FROM DEEP TO EITHER
TURN & SHOOT QUICKLY OR LAY OFF FOR OVERLAPPING
3rd ATTACKER.