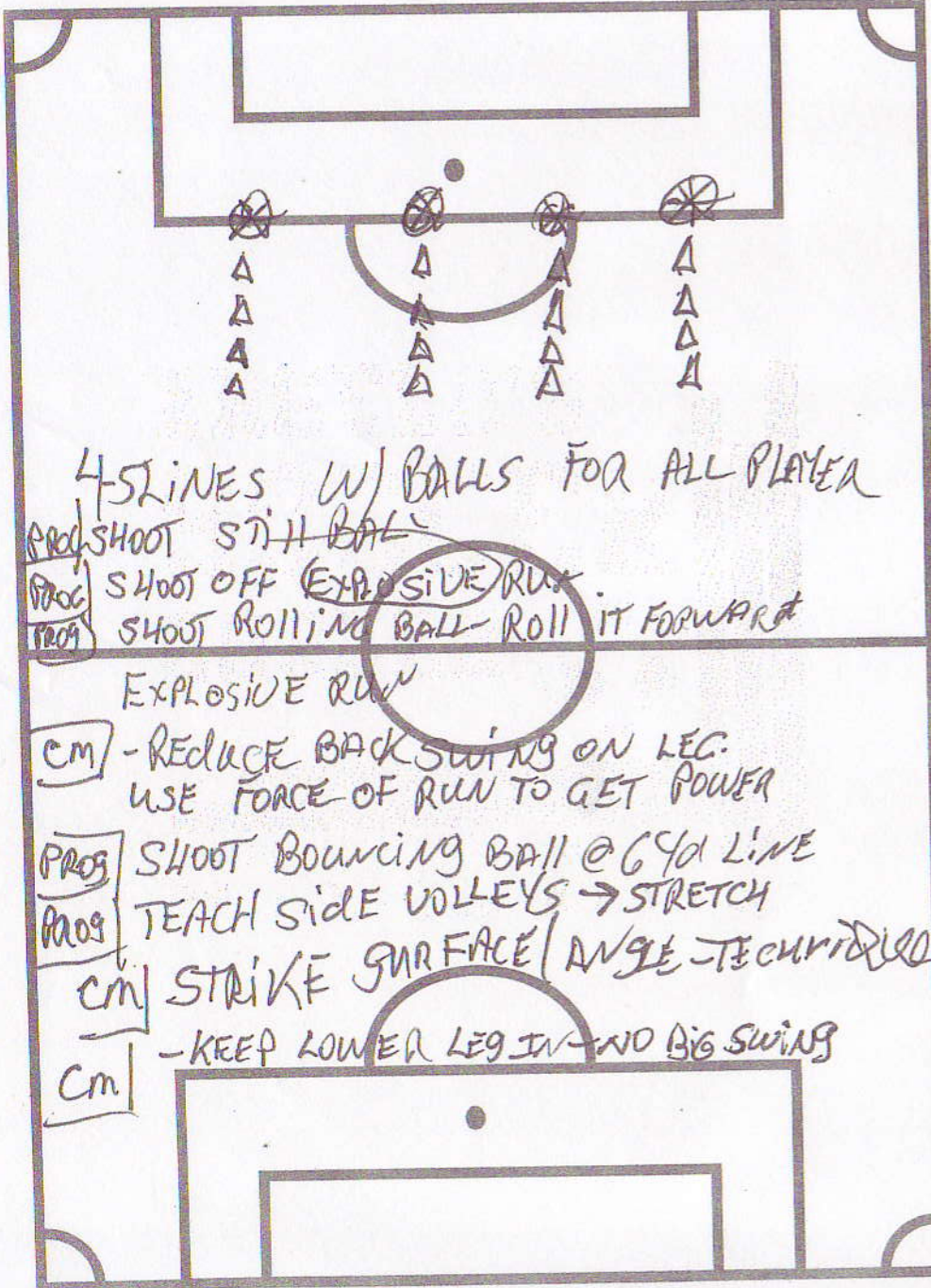


FINISHING: LINE UP BALLS

BERWYN 276 W Swedesford Rd Berwyn, PA 19312 Tel: 610-240-9656	HUNTINGDON VALLEY 2074 County Line Rd Huntingdon Valley, PA 19006 Tel: 215-322-7606	MECHANICSBURG 4713 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717-737-6676	HARRISBURG 6031 Allentown Blvd Harrisburg, PA 17112 Tel: 717-545-8435	LANCASTER 360 Steel Way Lancaster, PA 17601 Tel: 717-291-5690
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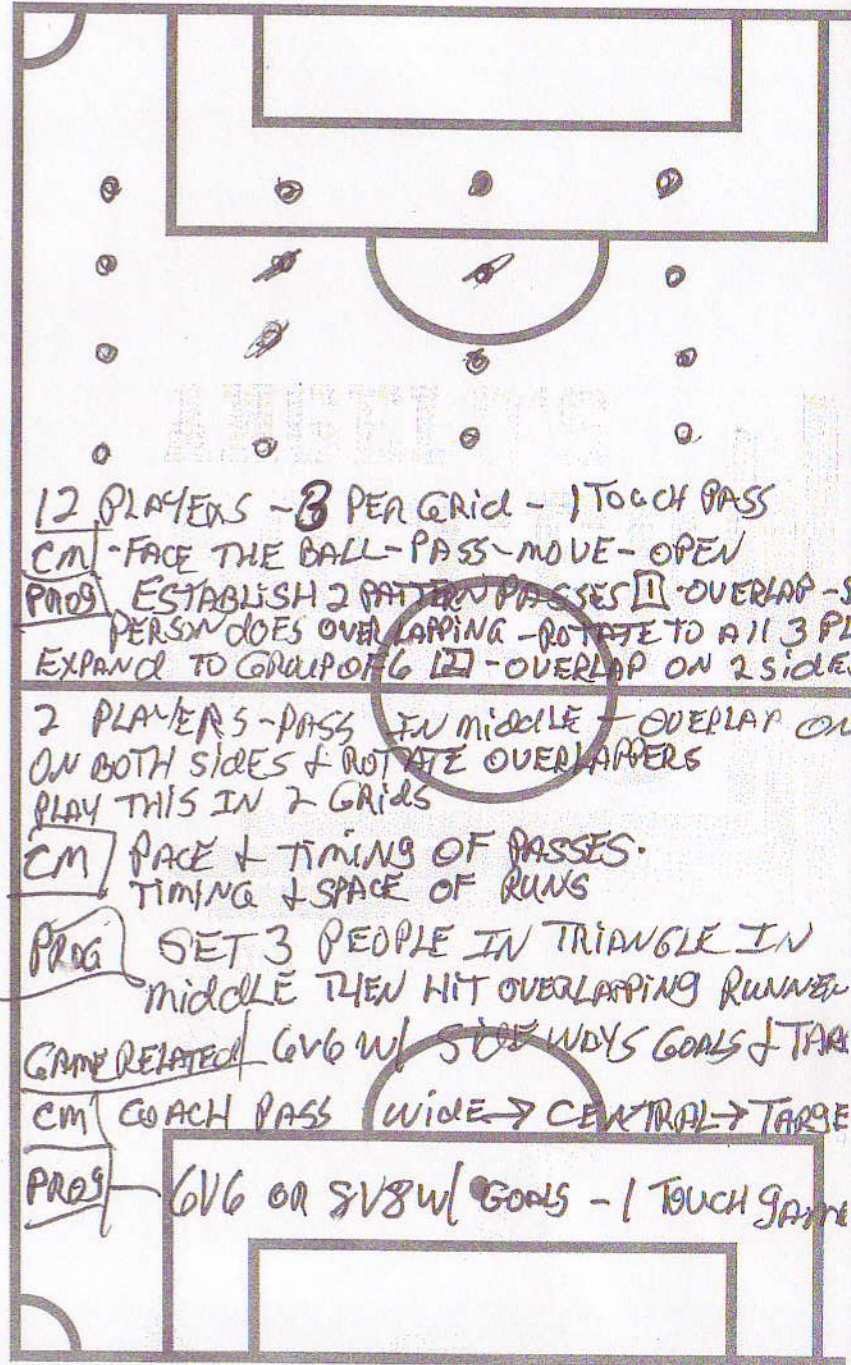


4-5 LINES W/ BALLS FOR ALL PLAYERS
 [PROG] SHOOT STILL BALL
 [PROG] SHOOT OFF EXPLOSIVE RUN
 [PROG] SHOOT ROLLING BALL - ROLL IT FORWARD

EXPLOSIVE RUN
 [CM] - REDUCE BACK SWING ON LEG.
 USE FORCE OF RUN TO GET POWER
 [PROG] SHOOT BOUNCING BALL @ 6 YD LINE
 [PROG] TEACH SIDE VOLLEYS → STRETCH
 [CM] STRIKE SURFACE / ANGLE TECHNIQUE
 [CM] - KEEP LOWER LEG IN - NO BIG SWING

ATTACKING IN SMALL GROUPS - 1 TOUCH DRILL #4 SMALL GROUP ATTACK

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12 PLAYERS - 3 PER GRID - 1 TOUCH PASS
 [CM] - FACE THE BALL - PASS - MOVE - OPEN
 [PROG] ESTABLISH 2 PATTERN PASSES II - OVERLAP - 3
 PERSON DOES OVERLAPPING - ROTATE TO ALL 3 PL
 EXPAND TO GROUP OF 6 IN OVERLAP ON 2 SIDES

2 PLAYERS - PASS IN MIDDLE - OVERLAP ON
 ON BOTH SIDES & ROTATE OVERLAPPERS
 PLAY THIS IN 2 GRIDS

[CM] PACE & TIMING OF PASSES.
 TIMING & SPACE OF RUNS

[PROG] SET 3 PEOPLE IN TRIANGLE IN
 MIDDLE THEN HIT OVERLAPPING RUNNER

[GAME RELATED] GVG W/ SIDE WAYS GOALS & TARGET

[CM] COACH PASS WIDE → CENTRAL → TARGET

[PROG] GVG OR SV8 W/ GOALS - 1 TOUCH GAME