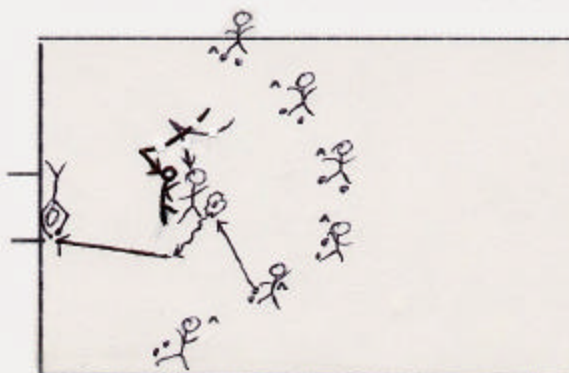


8) 1v1 Check Off To Goal

- Check off, receive, turn, & beat def. If stolen, def. tries to get ball back to passer.
- Vary roles, def., serves, reps, touches, etc. Rotate pairs.
- Interval



9) Windows – see Appendix I

Again, remember that the individual exercises are not what is important here. It is your ability to take any exercise that you choose and alter it by making it more/less match-related and to develop its theme in a series of more involved exercises. I hope both of these ideas are what you see here.

SAMPLE SEQUENCE B: Developing Small Group Tactics

1) 2v1 Keep-away in Grid

- Possession! Develop pass/mov't/ rec. rhythm. Steal or lose ball → new monkee. Limit touches/space. Add turns, dribbles, etc. Insist on strong effort for habits and Interval work. Emphasizing rhythm is a good way to work on the Wall Pass.

