

9/1/09 EPSC U10 G PRACTICE FLYING CLOUD 4-5:30

I. WARM UP

- A. 3 OR 4 GRID KNOCKOUT / SHADOW PARTNER WHISTLE = LEAD GET AWAY FROM FOLLOWER.
- B. DRIBBLING (USUAL EMPHASIS) "OUT" OUT OF GRID & BACK IN
1. CHANGE / SWITCH / GO → 2 GRIDS CHANGE ON "OTHER"
2. SPECIFIC TURNS / FIRST TO STOP
- C. SEQUENCE PASSING / GO / TO DRIBBLE / PASS / MOVE
? 2 GROUPS ? / PASSING IN 3'S

II. BALL FAMILIARITY

- A. TOE TAPS (STATIC / FORWARD / BACKWARD)
- B. N - S - E - W (PULL BACK & PUSH TO SIDE W/ OUTSIDE)
- C. ROLL - STOP - ROLL - STOP (ROLL W/ 1 FOOT TO INSIDE OF OTHER)
- D. CADENCES (SHORT RECAP)
1. 1 - 2 - 3 - MISS
 2. INSIDE - OUTSIDE - SOLE
 3. INSIDE - OUTSIDE - SOLE - SCISSORS

III. SSG'S - SPLIT TO HAVE 2 GAMES GOING = SMALLER TEAMS

- A. 3 v 3 v 3 TEAM POSSESSION
- B. 3 BOX GOAL GAMES
- C. CONES GAMES
- D. 4 v 4 - NO 1 TOUCH