

U106 2009-09-29 PRACTICE EPSC FLYING CLOUD 6-7<sup>30</sup>

I WARM UP

-DRIBBLING - USUAL EMPHASIS

II GIVE AND GO'S IN PAIRS (3 COMES?)

1 - 2 - GIVE AND GO

III 3<sup>RD</sup> PERSON COMBOS

CHECK TO

CHECK AWAY

OVERLAPS

IV SSG

4 GOAL GAME - LIMIT TOUCHES TO INCREASE PASSES?

3 LINE GAME

SSG - FREE PLAY