

3/3/10 EPSC UIOG PRACTICE (WT) 6-7

I. WARM UP / BALL FAMILIARITY

XL GRID - **CADENCES** - MOVE THROUGH QUICKLY

- A. (INSIDE FOOT) 1-2-3-MISS (STEP OVER)
- B. (INSIDE) 1-2-SOLE DRAG OVER
- C. (BEST FOOT ONLY) INSIDE/OUTSIDE/INSIDE/OUTSIDE
- D. (R) INSIDE - (R) OUTSIDE - (L) INSIDE - (L) OUTSIDE
- E. (R) OUTSIDE - (R) INSIDE - (L) OUTSIDE - (L) INSIDE
- F. INSIDE / OUTSIDE / SOLE DRAG OVER
- G. SOLE / SOLE / SCISSORS
- H. INSIDE / OUTSIDE / SOLE / SCISSORS

10-15 MIN.

II. POSSESSION

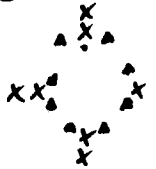
2 v 1

3 v 1

} ADJUST FOR # PRESENT

FILLER ACTIVITY  
PASSING & AWARRENES

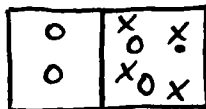
- PASS TO OTHER GATE
- MOVE TO DIFF. GATE
- NO PASS TO GATE W/ ONLY 1 PLAYER



III. TRANSITION PLAY (IF #'S PERMIT)

- 3 EVEN TEAMS
- QUICK TRANSITION GAME - (SCORING TEAM REMAINS)

IV. TRANSFER BOX



V. SSG

- 1 TEAM TO LG. GOAL, OTHER TO 2 SMALL GOALS
- 3 LINE GAME
- FREE PLAY

ENCOURAGE CADENCE MOVEMENTS!!