

# U10G 20100419 Training EPSC

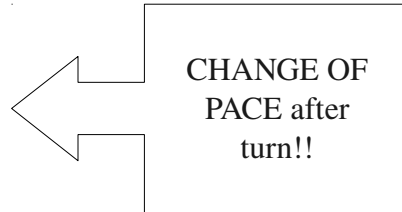
## 1. Warm-up / Ball Familiarity

### (a) Large Grid (25x25)

i. Dribbling and close control – free movement

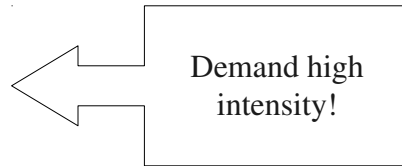
ii. Turns

- Drag back
- Step-over / Rivelino (outside)
- Scissors
- Hooks/cuts (inside and out)



iii. Cadences

- A. 1-2-3-Miss (Step-over)
- B. 1-2-Sole (Drag-over)
- C. Inside-outside-inside-outside (all same foot)
- D. Inside(R)-outside(R)-inside(L)-outside(L)
- A. Outside(R)-inside(R)-outside(L)-inside(L)
- E. Inside-outside-Sole (same foot)
- F. Sole-sole-scissors (same foot)
- G. Inside-outside-sole-scissors (same foot)

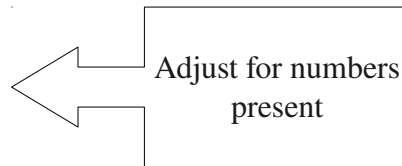


iv. 40/60 Pass and move

## 2. Possession

### (a) Smaller Grid

- i. 1v1
- ii. 2v1
- iii. 3v1



## 3. Team Possession

### (a) Large Grid

i. 2 teams vs 1 team – Rotate through middle, time/not gaining possession.

## 4. Transfer Box

X      X  X	O      X  O   X   O   ● O      O
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## 5. Quick Transition Game

1. 3 even team
2. Scoring team remains and quickly attacks other goal.
3. Team scored on quickly leaves field, resting team on to defend.

## 6. Small Sided Games (SSG)

1. 1 team to large goal, other to 2 small goals.
2. 3 line game
3. 4v4
4. 4v4+n