

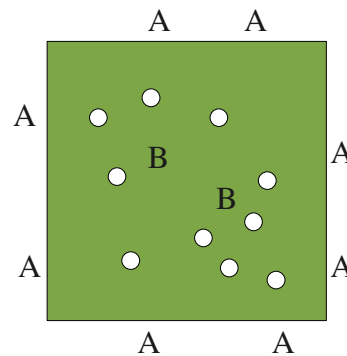
**U10G 20100426 Training**  
**EPSC – 6:00 to 7:30 – Flying Cloud**

**1. Warm-up / Ball Familiarity**

- (a) 2 medium grids
  - i. knock out
- (b) large grid
  - i. blob tag
  - ii. freeze tag

**2. Pressure Passing**

- (a) 15x15 or 20x20 grid
  - i. 2 (B) on inside
  - ii. remainder (A) on outside
  - iii. supply of balls scattered in grid
- (b) B's have 2 min. to complete max passes
  - i. work at full speed w/o compromising quality
- (c) A's receive ball and play into open area
- (d) Rotate after 2 min.

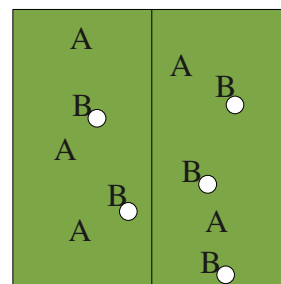


**3. 1 v 1**

- (a) 10x20 grid
  - i. player A pass to B
  - ii. B receives ball and dribbles to other end of grid
  - iii. A defends and attempts to gain possession (not knock out)
  - iv. rotate

**4. Steal the Ball**

- (a) 2 teams
  - i. one team has a ball each, may dribble in own grid
  - ii. other team steals as many balls as possible and return to own grid
  - iii. play 3 min.
  - iv. rotate team starting with ball



**5. Small sided game**

- (a) 3 line game
- (b) Transition game
- (c) 2 or 3 box goals – complete pass to teammate in box
- (d) 1 team to large goal, other to 2 small goals.
- (e) 4 corner goals
- (f) 4v4
- (g) 4v4+n

← Emphasize skills covered