

U10G 20100428 Training

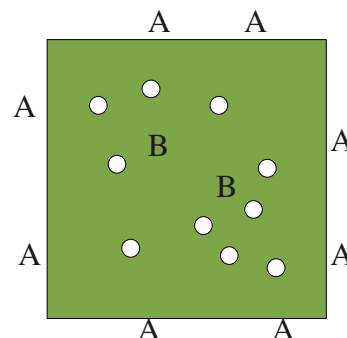
EPSC – 6:00 to 7:30 – Flying Cloud

1. Warm-up / Ball Familiarity

- (a) large grid
- i. change/switch/go - dribbling
 - A. CHANGE = change direction
 - B. SWITCH = stop ball, find another, continue
 - C. GO = change of pace – 4 or 5 explosive steps
 - ii. turns through gates

2. Pressure Passing

- (a) 20x20 grid
- i. 2 (B) on inside
 - ii. remainder (A) on outside
 - iii. supply of balls scattered in grid
- (b) B's play 2 min.
- i. gather a loose ball
 - A. dribble, perform skill, pass to A
 - B. work at full speed w/o compromising quality
- (c) A's receive ball and play into open area
- (d) Rotate after 2 min.

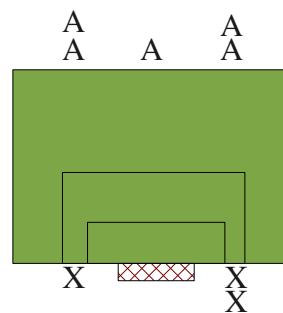


3. 1 v 1

- (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. 3 v 2

- (a) 2 rotating groups
- i. serve ball in to Attackers (A)
 - A. work in 3's to score goal
 - B. far post shots preferred (additional cones?)
 - ii. defenders (X) work in pairs
 - A. prevent goal, gain possession.



- (b) Var. - start attackers (3) and defenders (2) both from the midfield line

5. Small sided game

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

