

6/25/2010 U10G EPSC TRAINING

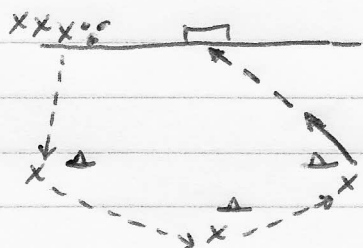
NO
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I. WARM UP/BALL FAMILIARITY

- LARGE GRID
 - FAST FEET & BALL TOUCHES → SIMILAR TO CADENCES
- PAIRS / THREES
 - FAST FEET, BALL TOUCHES, PASSING
 - ON TOES, FEET/BALL NONSTOP MOVEMENT
- DIRTY SOCCER - LIGHT FOULS (GRAB SHIRT, ARM, ETC.)
MAINTAIN POSSESSION OF BALL.

II AERIAL BALLS - KATERINA

III PASS, FOLLOW, SHOOT (DEFEND)



- PASS TO NEXT CONE
- FOLLOW PASS W/ PACE
- LAST CONE = TOUCH AWAY & SHOOT

VAR: AFTER SHOT, DEFEND

IV TRIANGLE PASSING GOALS

4 v 4 OR SIMILAR

COMPLETED PASS THROUGH CONES (Δ SHAPE) FOR GOAL

V SSG'S

3 LINE

TRANSITION

SSG