

1/13/11 EPSC UIIG W.T. 6-7 PM

I. PAIRS - 1 BALL - 10 YDS APART

- A. SIMPLE PASSING (2 TOUCH). FOCUS = BASIC TECHNIQUE
- B. S.A.A. 1 TOUCH. FOCUS = TECHNIQUE + RHYTHM & TIMING
 - 1. SAA THRU GATE IN MIDDLE. CONTEST?

II WEIGHT OF PASS

≈ 10 MIN

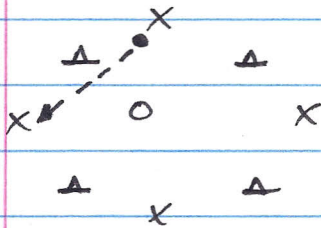


- BALL TO COME TO REST IN OPPOSITE GOAL

- START IN FRONT/EVEN/BEHIND OWN GOAL

★ BOX GOAL OR SIMPLE 2 CONES FOR EASE

III 4 v 1 PASSING SQUARE

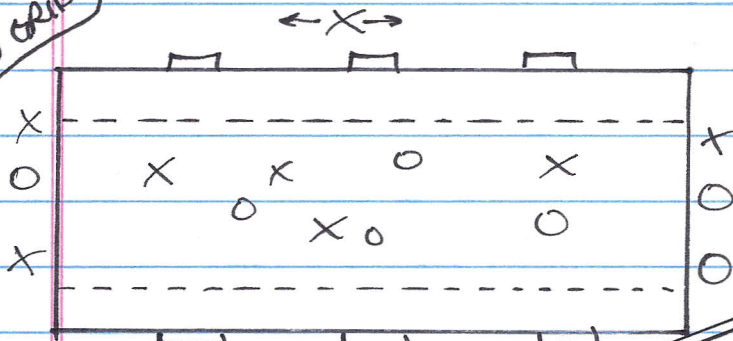


- OUTSIDE PLAYERS PASS AROUND (THRU) SQUARE W/O GOING IN

- INSIDE PLAYER LOOK TO INTERCEPT (& GIVE BACK)

IV 4 v 4 (3 v 3) GRID GAME

25 x 25 MAIN GRID



- 4 v 4 playing to goals.
- DEFENDER PROTECTING 3 GOALS
- SCORE W/ FIRST PASS THRU ANY OF THE 3 GOALS
- OTHER PLAYERS = BUMPERS/SUPPORT

16 PLAYERS

12 PLAYERS

9 PLAYERS

