

NO  
HAUGEN

ZOLL-Ø4-25 ULLG2 EPSC TRAINING

I. WARM UP / BALL FAM & MANIPULATION

- A.) 2Ø x 2Ø GRID, ALL W/ BALL, DRIBBLING
- 1.) DYNAMIC WARMUP (HIPS OUT/IN, ROBOT WALK, JUMPS, SHUFFLES)
  - 2.) TOUCHES (OUTSIDE · SOLE TO INSIDE, SOLE · SOLE · STEPOVER, ETC.)
  - 3.) TURNS (DRAGBACK, CRUUFF, CUTS, MATTEVS, ETC.)

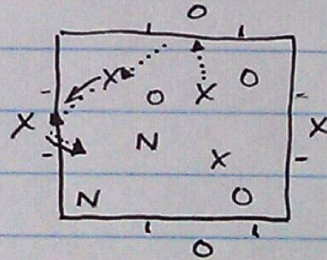
II. 1<sup>ST</sup> TOUCH & FINDING SPACE

- A.) 2Ø x 2Ø GRID, ½ OUT & ½ IN W/ BALL
- 1.) INSIDE PLAYERS W/ BALL COMBINE W/ OUTSIDE
  - 2.) OUTSIDE PLAYS TO FEET, INSIDE 1<sup>ST</sup> TOUCH INTO SPACE
    - i.) "PASS - PEEK - PLAY" (INTO SPACE)

III. 3 v 3 (2 NEUTRALS) PLAYING TO 2 TARGETS (25 x 25 GRID)

- A.) 3 PLAYERS & NEUTRALS MAY COMBINE W/ OPPOSITE COLORS IN GATES, BUT SWITCH WHEN COMBINE W/ OWN COLORS IN GATE
- SWITCH = GOAL

- CP's = - AWARENESS OF OPEN LANES  
- COMBINATION PLAY  
- 1<sup>ST</sup> TOUCH INTO SPACE



IV. SSG's

- 3 v 3 (2 GAMES)
- 6 v 6

V. COOL DOWN / STRETCHING.