

1/8/08

E.P. GIRLS U8 PRACTICE

EPHS DOME

6⁰⁰-7⁰⁰ PRACTICE

7⁰⁰-7³⁰ FOOTSKILLS

I. WARM UP

A. GRID - SMALL

-DRIBBLING - USUAL EMPHASIS

B. GRID - LARGE

-DRIBBLING - USUAL EMPHASIS / COACHING POINTS

1. STOP / GO

2. SIMON SAYS

>>BREAK<<

II. BALL FAMILIARITY - SAME LARGE GRID AS ABOVE.

A. DRAG BACK

C. OUTSIDE HOOK

B. INSIDE HOOK

-BE INTRODUCED QUICKLY, START EMPHASIZING CHANGE OF PACE.

-SKILL ON COMMAND, CONTROLLED W/ CHANGE OF PACE

(NO CONE TO CONE?)

>>BREAK<<

III. GAME

NO GOALS AT FIRST

- SLOPE STOPPING BALL AGAINST CONE (CONTROL)

- ADD POINTS FOR MOVES

- ADD BALLS

- ADD GOALS??

10/15

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