

1-22-08 EPSC GIRLS U8 PRACTICE
BASIC DRIBBLING / AWARENESS

I) LARGE GRID

A) USUAL EMPHASIS

1) PINNIES SCATTERED FOR DEFENDERS

B) COMMANDS

- TURN - CHANGE DIRECTION \Rightarrow MAYBE CALL OUT NAME OF TURN
- OUT - TO TOUCHLINE QUICKLY
- SWITCH - BALLS
- GO - CHANGE PACE
- NUMBER - # OF FEETERS

TECH
RULES
FACE KICK AROUND
BALL (OUTSIDE TO INSIDE)
AWAY w/ OUTSIDE OF
"KICKING" FOOT

II 1 v 1, EACH w/ BALL

- DRIBBLE @ EACH OTHER, SKILL, PACE TO END / OTHER LINE
- EMPHASIZE PROPER DEPTH OF FIELD \rightarrow WHEN TO DO SKILL

*** - START SLOW - MOVE TOWARDS PACE.

III LONGER DEEP GRID

- LINE TO LINE BY CORRECT COMMAND

EG:
- 1/2 way, DRAG BALL, PACE TO ORIG LINE
- FULL SPEED, UNDER CONTROL TO OPPOSITE LINE
- SLOW SPEED TO OPP. LINE, KICK, FULL SPEED TO ORIG LINE

IV GAME