

# E.P. U8 G PRACTICE

## I. WARM UP / BALL FAMILIARITY

### A. MEDIUM GRID - DRIBBLING

1. RECAP DRAG BACK - INTRODUCE CHANGE OF PACE
2. INTRODUCE INSIDE HOOK

COACHING POINTS → USUAL BALL FAM. POINTS

## II. PASSING

### A. INTRODUCE PROPER TECHNIQUE

### B. PASS AND MOVE - USE CONE SQUARES/PENTAGONS

BASED ON #'S

COACHING POINTS → PROPER TECHNIQUE

- PASS MUST ALWAYS INCLUDE MOVEMENT AFTER PASS

## III. ONE V. ONE

### A. POSSESSION IN VERY SMALL GRID - TIMED (15-30 SEC)

### B. POSSESSION TO END OF LONG NARROW GRID



ON 'GO' X  
DRIBBLE TO  
END, O TO  
GET GOALSIDE,  
PREVENT ADVANCE,  
GAIN POSSESSION

COACHING POINTS → ATHLETIC STANCE

→ GOALSIDE

→ SENSE OF URGENCY

## IV. SMALL SIDED GAME

- LARGE FIELD TO SMALL GOALS

COACHING POINTS → DRIBBLE WHEN SPACE ALLOWS

→ PASS EARLY

→ GOALSIDE / URGENCY ON DEF.

→ SHOW OFF SKILLS (DRAG BACK, ETC.)

Alternative:  
Goal = end zone  
must pass to  
have to be in  
end zone.