

2/5/08 EPSC GIVES US PRACTICE

I. WARM UP - LARGE GRID

DRIBBLING IN GRID - USUAL EMPHASIS

- SET UP GATES TO DRIBBLE THRU

II. PASSING

REINTRODUCE PROPER TECHNIQUE

IN PAIRS - BLOCK TACKLE

- SHORT DISTANCE THRU GATE

- GRADUALLY INCREASE DISTANCE

TUNNEL PASSING GAME

III. LARGE GRID - BALL RATIO 60/40

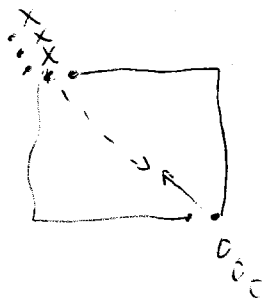
PASSING/MOVING/TURNING

IV. GAME

LARGE GRID - NO GOALS

SCORE BY MAKING 3 CLEAN CONSECUTIVE PASSES

V. EXTRA



X PASS TO O

O ATTEMPT TO DRIBBLE THRU X GOAL

X TRY TO PREVENT.