

2/19/08 EPSC U8 GIRLS Winter training

"Good 1st touch, preparation for 2nd touch (passing)"

I LARGE GRID

60/40 BALL: PLAYER RATIO

DRIBBLE, MOVE, PASS

PROPER TECHNIQUE

II INTRODUCE PROPER 1st TOUCH TECHNIQUE

1. HANDS - TOSS BALL UP, CATCH (HARD HANDS VS. SOFT HANDS)
2. HANDS TO TOP OF FOOT, CUSHION - GUIDE BALL DOWN
3. PASSING IN PAIRS - STOP BALL DEAD - PASS BACK
4. S.A.A. MOVING BALL OUT TO PASSING SHOULDER - PASS A MOVING BALL
5. S.A.A. CHALLENGE THEM TO MAKE THE 1st TOUCH OUT TO SHOULDER
(ONE MOVEMENT)

III LARGE GRID - GAME

1. LIMITED TOUCHES - MANY PASSES TO SMALL GOALS
2. NO GOALS - SCORE BY PASSING TO TEAMMATE IN A "PASSING BOX"
3. FREE PLAY TO SMALL GOALS
ENCOURAGE PASSING.