

2-26-08 EPSC U8 GIRLS

RUNNING W/ BALL

I WARM UP - LARGE GRID

A. HANDBALL

1. $\frac{1}{2}$ * $\frac{1}{2}$ W/ BALL

a. HAND OFFS

b. SHORT TOSS

B. DIRTY SOCCER

1. EASY - DEFENDER ONLY TRYING TO TOUCH BALL

2. HARD - DEFENDER ALLOWED TO GENTLY PULL SLEEVE

II RUNNING W/ BALL.

A. ALL PLAYERS ON EDGE OF GRID

1. SLOW DRIBBLE TO OTHER END

2. FAST RUN TO OTHER END

→ SHOW / EXAGGERATE DIFFERENCE BETWEEN 2.

→ MAINTAIN CONTROL / STOP ON LINE

III GAME.

A. NO GOALS

1. POINTS FOR DEMONSTRATING RUNNING INTO SPACE
AND STOPPING BALL.

B. GOALS - LARGEST FIELD POSSIBLE

→ FREE PLAY