

5/8/08

EPSC GUY PRACTICE 6-7³⁰

PROFESSANT WOODS

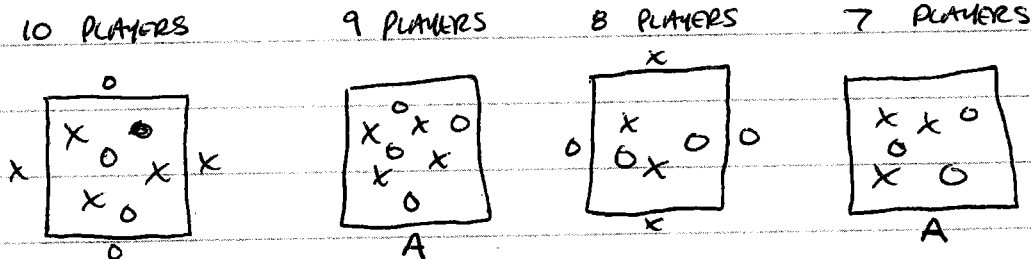
I WARM UP

- 2 LARGE CIRCLES
- 1/2 & 1/2 KICKOUT GAME

II SKILL OVERVIEW - PASSING

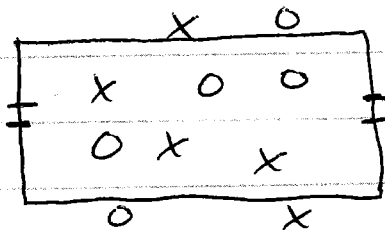
- DISCUSS PROPER TECHNIQUE
- PASSING IN PAIRS
- NO RESTRICTIONS AT FIRST (LET THEM STOP BALL)
- MOVE TO KEEPING BALL IN MOTION (CONTROL OUT TO SHOULDER)

III GAME TO EMPHASIZE PASSING



GET BALL (PASS) TO OUTSIDE PLAYER(S) TO EARN POINT

IV GAME TO EMPHASIZE PASSING



BALL MUST BE PLAYED TO WINGER BEFORE GOAL (EACH POSSESSION)

V BALLS ON CONES GAME

VI S.S.G. (TRIANGLES, PASSING LANES -- WHO IS RESPONSIBLE?)