

5/15/08 EPSC 649 PRACTICE 6-730 PHEASANT WOODS

I. WARM UP - LARGE GRID

- SOCCER FREEZE TAG
- BLOB TAG

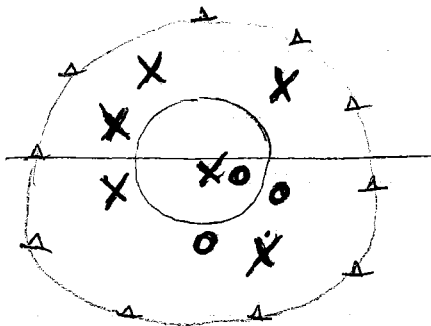
II. AWARENESS/PASSING - LARGE GRID "NUMBER PASSING"

- NUMBER PLAYERS 1-10 (1 & 5 START W/ BALL)
- PLAYERS MAY ONLY PASS TO PLAYER W/ NEXT # (2 to 3, 10 to 1)

COACHING POINTS :- AWARENESS OF WHERE BALL IS COMING FROM/GOING TO

- FEW TOUCHES TO GET RID OF BALL
- PASSING TECHNIQUE

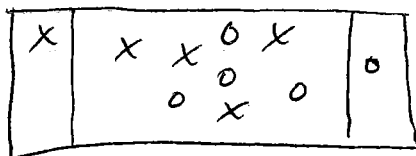
III. DEFENDING / PASSING - LARGE CIRCLE AROUND CENTER CIRCLE



- 6 v 3 (OR EQUIVALENT)
- X'S SCORE BY COMPLETING PASS TO X IN MIDDLE
- O'S DEFEND TO PREVENT PASS/GAIN POSSESSION
- O'S MAY NOT TOUCH BALL INSIDE CENTER CIRCLE

TIMED = 1/2 MIN.

IV. DEFENDING / ATTACKING - LARGE FIELD W/ "END ZONES"



- SCORE BY GOING FROM EITHER END ZONE TO THE OTHER (DRIBBLE/PASS)

V. UP NOT BACK GAME

VI. SSG.