

NO
1222/SHAY

5/17/08 EPSC U96 PRACTICE 10-11³⁰

I. WARM UP (10/15)

2 CIRCLE KNOCK-OUT

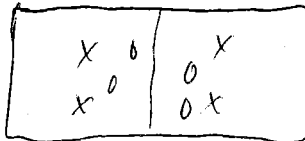
SKILL RECAP? (10/15) HOOPS, DRAGBALL, SCISSORS, ROLLING, MUTTERNS

II. PASSING / MOVING / AWARENESS (10/15)

- LARGE GRID
 - 2 TEAMS / COLORS
 - PLAYERS RECEIVE BALL & MAY ONLY PASS TO SIMILAR / OTHER COLOR
- VARIATION = MUST DO A SKILL BEFORE PASSING
= MUST RUN TO CONE AFTER PASS

III. UP NOT BACK GAME (15/20)

- LARGE FIELD, EVEN TEAMS
- CREATE HALFWAY LINE THAT CAN CREATE NUMBERS UP IN ATTACKING 1/2



- DEFENDER MAY CROSS TO ASSIST, ATTACKER MAY NOT DROP TO HELP

IV. SSG W/ MOMS

2 GAMES SUNDAY

8⁰⁰ FIELD A

ALL RED

11⁰⁰ FIELD C

WHITE SHIRT ALL RED BOTTOMS