

5/20/08 EPSC U96 PRACTICE - PLEASANT WOODS 6-7³⁰

I. WARM UP

A. KEEP AWAY

1. ROTATE TARKU ALL PLAYERS

II SHOOTING TECHNIQUE (SHORT LECTURE)

A. DISCUSS MECHANICS

B. PRACTICAL

1. SITTING, KICKING BALL OUT OF OWN HANDS
2. " " " PARTNERS HANDS
3. SITTING, KICKING W/ FORCE, STAND & CATCH
 - a.) BALL GOING STRAIGHT UP EASIER TO CATCH
4. STANDING, KICKING BALL FROM OWN HANDS (NOT PUNTING)
5. "SHOOTING PASSES" W/ PARTNER

III SHOOTING DRILL (2 STATIONS)

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- EACH PLAYER START W/ BALL
- PLAYER HAS 2-3 TOUCHES TOWARD GOAL, STRIKE MOVING BALL THEN Waits
- PLAYER FROM OPPOSITE END DOES SAME - 1ST PLAYER STAYS 2ND PLAYERS BALL

FOCUS ON TECHNIQUE

IV SHOOTING DRILL TO NET (2 STATIONS)

- RUN W/ BALL, SHOOT EARLY, FAR POST, MORE POWER

V 3 TEAMS SHOOTING (2 GOALS FAIRLY CLOSE - UNDER 1/2 FIELD)

- 2 TEAMS ON, 1 OFF, SCORING TEAM STAYS ON, QUICK TRANSITIONS

VI S.S.G. TO HANDICAPPED GOALS (BETWEEN POST & FLAG)