

6/14/08 EPSC 1096 PRACTICE

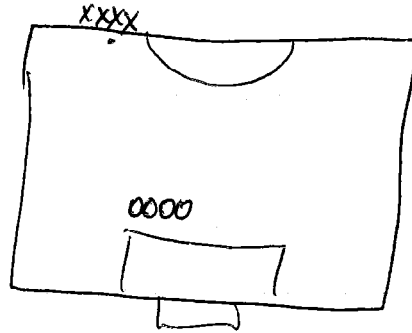
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I. WARM UP

2 Grid knock-out

II. DEFENDING / ATTACKING DRILL

- 2 Even teams
- Start as shown (or similar)
- Defenders prevent goal
- Attackers attempt to score



many attacking & defending coaching points to bring out

A

D

support & timing runs
how long to hold ball
individual skills

goal wide
defend ball
angles
play to outside

III 3v3v3 (add blocks like?)
quick transition

IV simple SSG.