

7/1/08

U9G EPSC PRACTICE

6-730

## I WARM UP

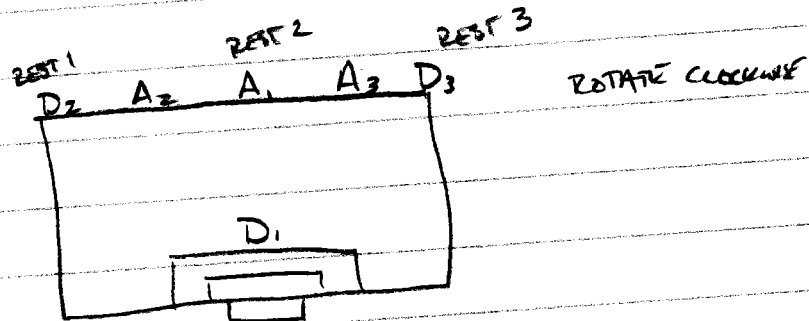
SOCCER FREEZE TAG

BLOB TAG

KNOCK-OUT

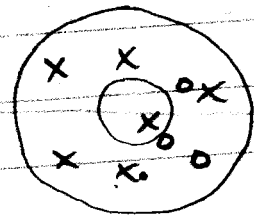
## II DEFENDING / ATTACKING

- A<sub>1</sub> STARTS W/ DRIBBLE ON "GO" ALONG W/ A<sub>2</sub> & A<sub>3</sub>
- D<sub>2</sub> & D<sub>3</sub> START ON SECOND "GO" MAKE RECOVERY RUNS TO PR SPOT
- D<sub>1</sub> DEAL



## III DEFENDING / PASSING

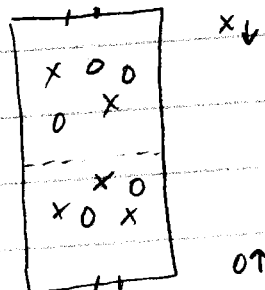
- 6v3 (OR SIMILAR)
- X SCORES BY COMPLETING PASS TO X IN MIDDLE
- O DEFENDS TO PREVENT PASS / GAIN PASS. MAY NOT TOUCH BALL IN CENTER CIRCLE



TIMED 1 TO 2 MIN

## IV UP NOT BACK GAME

- 5v5 GRID
- TEAMS ARE - 1 PLAYER IN THEIR DEFENSIVE 1/2
- 1 PLAYER CAN GO FORWARD FOR + 2 PLAYERS IN ATTACKING 1/2
- MAY NOT FALL BACK TO DEFEND



## V SSG