

9/4/08

U9G EPSX PRACTICE

6-7³⁰

I WARM UP

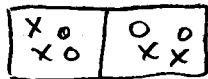
- DRIBBLING IN GRID - USUAL COACHING POINTS
- TRY 3 GRID KNOCKOUT (2 IF DOESNT WORK)

II PASSING | MOVING | AWARENESS

- LARGE GRID
 - 2 TEAMS / COLORS.
 - PLAYER RECEIVE BALL & MAY ONLY PASS TO SIMILAR / OTHER COLOR
- VARIATION - SKILL BEFORE PASS
- TOUCH CONE AFTER PASS (QUICKLY)

III UP, NOT BACK

- LARGE FIELD, EVEN TEAMS
- 1/2 WAY LINE TO CREATE #'S UP/DOWN IN ATTACKING 1/2



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

IV TRANSFER BOX (3 TEAMS)

- LARGE FIELD, VARIED GOALS
- SCORING TEAM STAYS ON, GOING TO OTHER GOAL, RESTING TEAM TRANSITION ON

V BALL ON CONES GAME