

9/13 EPSC US/UG COMBINED TRAINING FOR W. AMERSON

I. DIDDLEY DOO / DIDDLEY DEE

II. DRIBBLING IN GRIP

- BABY STEPS

QUICK FEET / SLOW BODY

60/60

COACHING PTS.

- EYES UP

- SPACE

- BALL IN FRONT
OF BODY BOTTOM

? DRAG BACK?

III. 60/40 w/ ball up ball

PASS / MOVE

IV. FRODO TAG.