

9/18/08 EPSC U96 PRACTICE 6-7<sup>30</sup>

- AWARENESS  
- SPEED OF PLAY  
- POSITIONING RELATED TO LOCATION OF BALL / DEFENDERS

I. WARM UP / BALL FAMILIARITY

A. LARGE GRID

- FOCUS INSIDE & OUTSIDE HOOKS
- GO TO 1/2 & 1/2 w/ BALL → PASS & MOVE

II. 3 LINE GAME

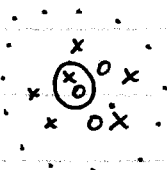
- 3 PASSES BEFORE PASSING THROUGH
- ALL PLAYERS TOUCH BALL BEFORE PASS THROUGH.
- FOCUS = AWARENESS OF WHEN DEFENDER IS CLOSING SPACE (EARLY PASSES - BEFORE DEALING WITH DEFENDER)
- TEAMMATES FINDING GOOD PASSING LANES

III. NO PASSING GAME



- LARGE S.S.G. FIELD w/ GOALS
- NO PASSING IN ATTACKING 1/3 → ONLY SHOTS

IV. DEFENDING / PASSING - LARGE CIRCLE AROUND CENTER CIRCLE



- 6V3 (OR EQUIVALENT)
- X'S SCORE BY COMPLETING PASS TO X IN MIDDLE
- O'S DEFEND TO PREVENT PASS / GAIN POSSESSION
- O'S MAY NOT TOUCH BALL w/ IN CENTER CIRCLE

TIMED = 1/2 MINUTES

FOCUS = WEIGHT & ACCURACY OF PASSES, DEFENDING, AWARENESS

V. ONE NIL GAME ~~~~~ CAN ONLY BE UP BY ONE GOAL AT A TIME (POSSESSION)

FILLER: BALLS ON CONES | FREE-PLAY S.S.G. | TRANSITION GAME