

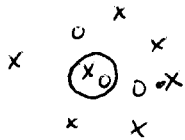
9/22/08 U96 EPSC PRACTICE 5:45 - 7:15 (MERRICK)

AWARENESS
SPEED OF PLAY
PASSING ACCURACY
POSITIONING

I. WARM UP / BALL FAM.

A. 2 GRID KNOCK-OUT

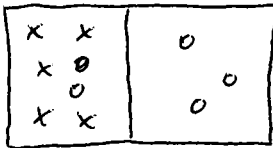
II. DEFENDING / PASSING → ≈ 8 YD CIRCLE INSIDE LARGE CIRCLE BOUNDARY



- 6 v 3 OR EQUIVALENT
- X SCORES BY COMPLETING PASS TO X IN MIDDLE
- O'S DEFEND TO PREVENT PASS TO MIDDLE / GAIN POSSESSION
- O'S MAY NOT TOUCH BALL IN MIDDLE CIRCLE

TIMED = 1 OR 2 MINUTES - ROTATE

III. 5 v 2 TRANSFER DRILL → LARGE FIELD - BISected

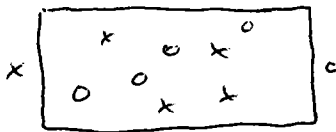


- O'S TO GAIN POSSESSION FROM X'S & PASS BACK TO THEIR GRID
- X'S TO KICK ABOUT (GO FOR MAX # PASSES)
- ALWAYS 5 v 2

COACHING POINTS:

- POSITION OF BALL
- & IN RELATION TO DEF.
- ACCURACY & WEIGHT OF PASSES

IV. 4 v 4 to TARGETS



- POSSESSION
- PLAY BALL TO ~~OPPOSITE~~ ^{OPPOSITE} TARGET FOR POINT (THEN BACK TO ~~OPPOSITE~~ ^{OWN} TARGET FOR (10) POINTS)
- ADD GOALS MAKE TARGETS GK'S
- ENCOURAGE EARLY SHOTS
- WIDTH AS GK GETS BALL

V. 3 v 3 v 3 TRANSITION GAME

- FILLERS
- BALL ON COMES GAME
- FREE PLAY