

9/25/08 EPSC U96 PRACTICE

5:45 - 7:15

LIMITED TOUCHES

I WARM UP - LG GRID

A. HAND BALL - BALL CANNOT TOUCH GROUND

1. NATURAL MOVEMENT
2. SKIPPING
3. LATERAL

APPROX 1/2 w/ & w/o BALL

II. GAUNTLET - SETUP 2 LARGE, 4 DEEP

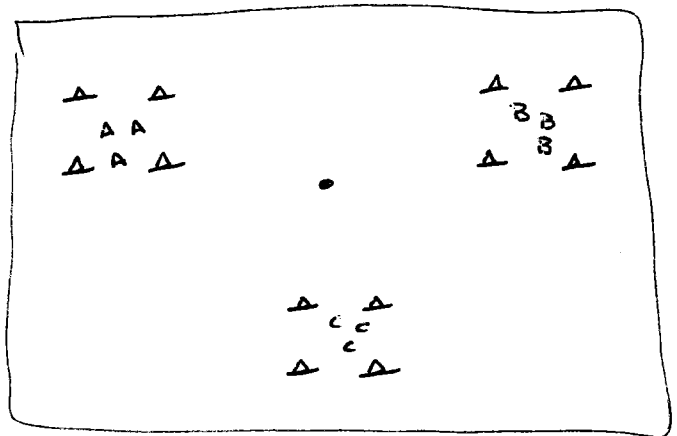
A. 1 ATTACKER

B. 2 ATTACKERS - EACH TOUCH BALL IN EACH GRID

III. 3 BOX

A. 3 TEAMS, BRING BALL INTO OWN GRID FOR POINT

- ENCOURAGE PASSES OVER DRIBBLING - LIMITED TOUCHES!



IV. UP NOT BACK

A. 3 SECTION FIELD TO GOALS

B. 2-2-1

C. MAY MOVE UP TO ATTACK (ONE GRID)
MAY NOT GO BACK TO DEFEND

D. ROTATE PLAYERS THRU EACH SECTION

EARLY SHOTS!

V. 4 CORNER GOAL - POSSESSION GAME

- ENCOURAGE SWITCHING DIRECTION OF PLAY

- PREFERABLY W/ BALL, NOT DRIBBLING

FILLER: BALLS ON CONES, SSG.