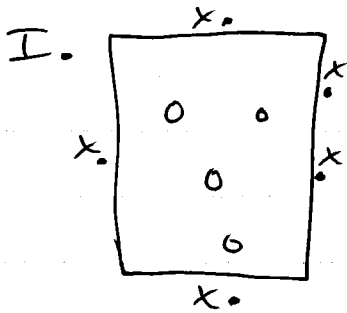


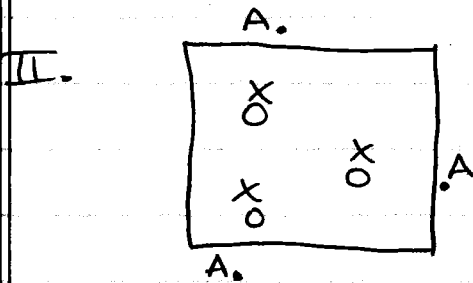
PASSING & RECEIVING

9/29/08 U96 EPSC 5th - 7th



PROGRESSION: - 2 TOUCHES / 1 TOUCH
- RECEIVE, TURN AND DIFFERENT TARGET

COACHING POINTS: - FIRST TOUCH!
- PREPARE SURFACE EARLY!
- CHECK TO / AWAY ON ANGLES!

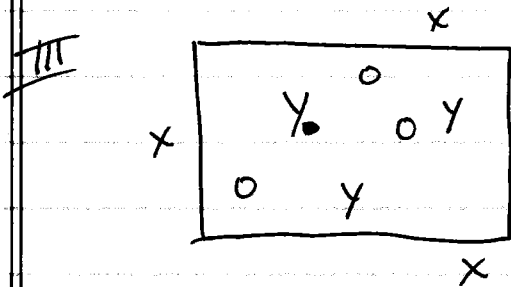


SAA w/ DEFENDER

- ATTEMPT TO RECEIVE & GIVE BALL BACK w/o DEF TOUCHING BALL

- VAR: RETURN TO DIFFERENT TARGET.

COACH POINTS: ✓ TO / AWAY ON X'S



- X'S ARE FREE PLAYERS, MUST PASS BACK TO SAME TEAM

- PLAY TO 5 PASSES

- VAR: - X'S 1 TOUCH ONLY

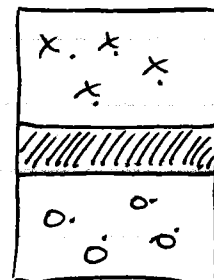
- WALL PASS

IV 3 v 3 v 3 TRANSITION GAME

V 4 CORNERS GAME

⇒ FULLER = CONES GAME

CLEAN THE YARD



- 2 MINUTES.
- "GO" = KEEP BALLS OUT OF YOUR YARD & IN OTHER TEAMS YARD.

- NEUTRAL ZONE IN MIDDLE.