

10/6/08 U96 EPSC PRACTICE 5⁴⁵-7¹⁵

I. WARM UP

- DRIBBLING IN GRID
- 2 GRID KNOCKOUT

II. 3 LINE GAME - LARGE FIELD

- # OF PASSES
- ALL PLAYERS TOUCH

III. SSG ON 3 LINE GAME FIELD

- ONLY RESTRICTION =

CANNOT DRIBBLE OVER ANY LINE OF CONES,

MUST PASS.

- FOCUS ON QUALITY PASSES
- FOCUS ON AGGRESSIVE DEFENDING.

IV. BALLS ON CONES GAME

- RESTRICT HOW CLOSE PLAYERS MAY

GET TO BALL/CONES

- FORCE QUALITY PASS/SHOT AT DISTANCE

V. SSG.

FREE PLAY