

1/6/2009

EPSC U96 WINTER TRAINING

6-7

I WARM UP - TAG

- 1 OR 2 PLAYERS "IT" CARRY A BIB
- REST OF SQUAD GIVEN 2 OR 3 BALLS (USE HANDS)
- PLAYERS CAN ONLY BE TAGGED WHILE THEY HAVE A BALL
- IF PLAYER THROWS BALL AWAY W/O MAKING A DELIBERATE PASS, BECOME IT
- Huddle TAG (GROUPS OF 5)
 - 4 PLAYERS MAKE A "HUDDLE"
 - ODD PLAYER ATTEMPTS TO TAG A SPECIFIC PLAYER ON THE BACK WITH THE BALL.

10-15

II GRID - DRIBBLING

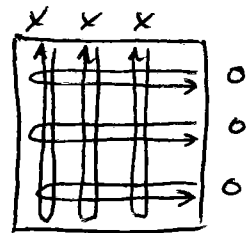
- DRAGBACK/HOOKS/STEPOVER/SCISSORS/RIVELINO
- INTRO CRUYFF

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III DRIBBLING W/ PRESSURE

- DOWN & BACK
- ON "GO" PLAYERS DRIBBLE TO OTHER END & BACK
- 1st PLAYER BACK GETS POINT. PLAY TO 4

10



IV 3 LINE GAME

- PERFORM SKILL OR 3 PASSES TO STAY

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V SSG - MINIMAL RULES/RESTRICTIONS

BALANCE OF TIME