

1/27/09

U96

EPSC

WINTER TRAINING

6-7

FOCUS - GOOD 1<sup>ST</sup> TOUCH, PREPARATION FOR 2<sup>ND</sup> TOUCH (PASSING)

## I LARGE GRID

- DRIBBLING USUAL EMPHASIS → TURNS w/ CHANGE OF PACE
- 60/40 PLAYER: BALL RATIO - DRIBBLE, MOVE, PASS
- ★ PROPER TECHNIQUE!!

## II 1<sup>ST</sup> TOUCH

1. HANDS - TOSS BALL UP, CATCH (HARD HANDS vs. ~~SOFT~~ HANDS)
2. HANDS TO TOP OF FOOT, CUSHION - GUIDE BALL DOWN
3. PASSING IN PAIRS - STOP BALL DEAD - PASS BACK
4. S.A.A. MOVING BALL OUT TO SHOULDER (OUTSIDE OF FOOT)  
- PASS A MOVING BALL  
(2 TOUCHES, ONE FLUID MOVEMENT)

- BACK TO 60/40

LOOK FOR IMPROVEMENTS OVER WARM UP

## III SSG

1. LARGE FIELD w/ GOALS - LIMITED TOUCHES, MANY PASSES
2. NO GOALS - SCORE w/ PASS TO TERMINATE IN "PASSING BOX"
3. FREE PLAY TO SMALL GOALS
4. "UP NOT BACK" GAME

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FAST FOOTWORK

7-7<sup>30</sup>

## I RINGS

- 2 "LADDERS" OF 6

- BASIC RUN DOWN LADDER

- SPRINT TO CONE

- " BACKWARDS / SIDEWAYS



A

- FORWARD "SHUFFLE"

- START ON LEFT OF FIRST RUNG/RING

- (R) IN, (L) IN, (R) OUT, (L) UP, FORWARD THEN DOWN IN 2<sup>ND</sup> RUNG

- LATERAL RUN - SPACE RINGS/RUNGS OUT A BIT

- RUN / SIDESTEP THRU RUNGS TOUCHING BOTH FEET DOWN IN EACH RUNG

- STEP OFF IS ALWAYS WITH LEADING FOOT

- 90° JUMP - RINGS STILL SPACED

- JUMP FROM RING TO RING, FEET TOGETHER

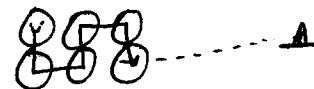
- TURNING 90° IN AIR

- BOX DRILL

- JUMP WITH FEET TOGETHER FROM HOOP TO HOOP

- VARY FACING DIRECTION

- SPRINT TO CONE



## II LADDER

- SLALOM

- "ONE, TWO, THREE, IN" - START ON LEFT OF LADDERS 1<sup>ST</sup> RUNG

- (L) DOWN (R) DOWN (L) DOWN (R) DOWN IN RUNG (L) FORWARD AND DOWN IN 2<sup>ND</sup> RUNG

- "WALTZ" - START FACING DOWN LADDER

- START WITH EITHER FOOT

- 1, 2, 3, FORWARD ONE RUNG (COUNTS AS 1), 2, 3,