

2/3/09

U9G

EPSC

WINTER TRAINING

6-7

I. WARM UP - LARGE GRID

- HANDBALL 1/2 & 1/2 JOG/SKIP/LATERAL
- DRIBBLING - REGULAR EMPHASIS
TURNS ... MARADONA?

II. POSSESSION - 2 LARGE GRIDS

- ? v. 1
- LONE PLAYER ATTEMPTS TO TOUCH / GAIN POSSESSION OF BALL
- **TIMED** (ROTATE THRU MIDDLE)
- WINNER (MOST # OF TOUCHES) = NO FORGET PUSHUPS/SITUPS/JUMPING JACKS

ENCOURAGE
EARLY PASSES

III 3 v. 3 v. 3 OR AS CLOSE AS POSSIBLE - MED/LG FIELD & GOALS SCORING TEAM STAYS ON

IV SSG

- PASS TO TEAMMATE IN END ZONE FOR GOAL
- FREE PLAY TO SMALL GOALS