

2/17/09

U96

EPSC

WINTER TRAINING

6-7⁰⁰

I WARM UP

2v1 / 3v1 KEEP AWAY - TIMED ROTATION

- PASSING
- POSSESSION

II 3 v. 3 v. 3 TRANSFER GAME

- QUICK TRANSITIONS

- USE OUTSIDE PLAYERS

III BOX GOALS - 2 EVEN TEAMS

- 2 TRIANGLE (BOX) GOALS ON FIELD

- PASS THRU EITHER FOR POINT

- MUST ALTERNATE GOALS (NO CONTINUOUS PASSING @ SAME GOAL)

IV ONE NIL GAME

- REGULAR SSG

- NEITHER TEAM MAY BE MORE THAN 1 GOAL AHEAD OF THE OTHER

- (POSSESSION)

V BALLS ON CONES GAME

VI REGULAR SSG.

FILLER -

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EPSC

FASTFOOTWORK

7-7:30

CONE DEFENDING

W/O BALL

1 W/ BALL

BOTH W/ BALL



LADDER

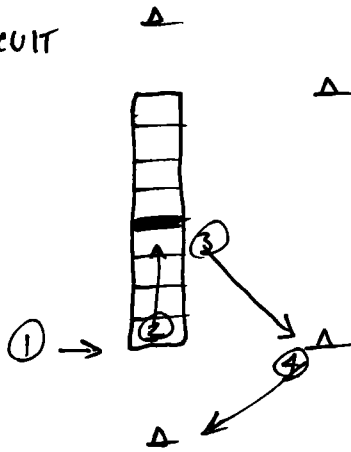
- HOPSCOTCH - BOTH IN THEN BOTH OUT TO SIDE OF SAME RUNG

- SCALOM

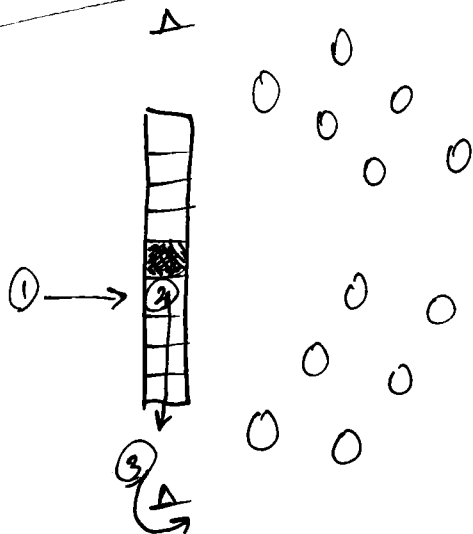
(HOOPS) - 1, 2, 3, NEXT - 3 STEP DOWNS IN EACH RUNG

- WALTZ

CIRCUIT



- VARY LADDER STEPS
- BACKWARDS TO LAST CONE



- VARY LADDER STEPS
- VARY HOOP STEPS
 - SCALOM
 - TOUCH IN EACH HOOP W/ HAND
 - BOUNDARY