

2/24/09

U96 EPSC

WINTER TRAINING

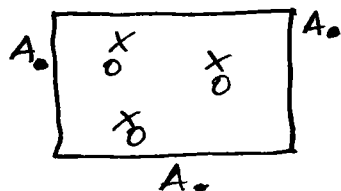
6-7

## I. WARM UP / BALL FAMILIARITY

### A. PASSING IN PAIRS / THREES

MOVEMENT = CHECKING TOWARDS / AWAY

## II. PASSING W/ DEFENDERS



-X ATTEMPT TO RECEIVE & GIVE BALL BACK  
W/O DEF. (O) TOUCHING BALL

-VAR: TAKE BALL AWAY, GIVE BALL  
BACK TO DIFF. TARGET

## III. BOX GOALS - 2 EVEN TEAMS

- 2 TRIANGULAR (BOX) GOALS ON FIELD

- PASS THRU EITHER FOR POINT

- CANNOT SCORE MULTIPLE ON SAME GOAL  
(MUST ALTERNATE GOALS)

## IV. BALL ON CONES GAME

FULLER: - ONE NIL GAME

- SSG.

2/17/09

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FASTFOOTWORK

7-730

CONE DEFENDING  
 W/O BALL  
 1 W/ BALL  
 BOTH W/ BALL

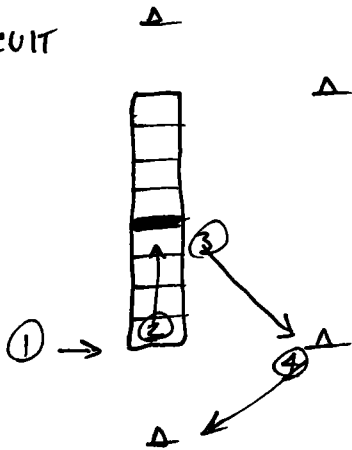


### LADDER

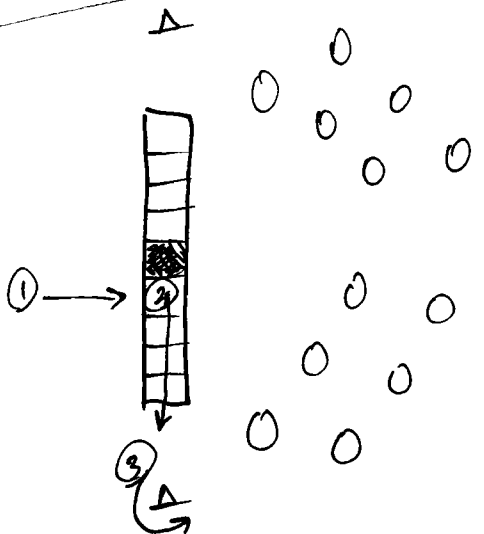
- HOPSCOTCH - BOTH IN THEN BOTH OUT TO SIDE OF SAME RUNG
- SLALOM
- 1, 2, 3, NEXT - 3 STEP DOWNS IN EACH RUNG
- WALTZ

(HOOPS)

### CIRCUIT



- VARY LADDER STEPS
- BACKWARDS TO LAST CONE



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