

3/3/09

U9G

EPSC

WINTER TRAINING

6-7 p.m.

GET REBOUND NETS IF POSSIBLE

SHOOTING?

I. WARM UP / BALL FAMILIARITY
- 2 GRID KNOCKOUT

II SHOOTING TECHNIQUE

- DISCUSS MECHANICS

- PRACTICAL

- SITTING - KICK BALL OUT OF HANDS

- KICK w/ FORCE, STAND & CATCH

- STANDING - KICK FROM HANDS

- DRIBBLE TO CONE, KICK TO SIDE, SHOOT ON GOAL

? 4 STATIONS, USE NETS

III SSG.

- LARGE FIELD w/ GOAL @ EACH END

- NO PASSING ZONE IN MIDDLE

SSG.

- 3 TEAM QUICK TRANSITION GAME TO NETS

SSG.

- UP, NOT BACK GAME TO NETS

(NO SHOOTING CREASE IN FRONT OF GOALS
TO PREVENT DRIBBLING IN.)

3/3/09

LI96 EPSC FAST FOOTWORK

7-7:30 PM.

① ALL WITH BALL

ALL DONE IN
CONFINED AREA

- PENDULUMS - STATIC / FORWARD / BACKWARD
- TRIANGLES - BOTH DIRECTIONS
- INSIDE, OUTSIDE, INSIDE, OUTSIDE
- SCISSORS TO SIDE & BACK AGAIN
- VEE'S
- NORTH, SOUTH, EAST, WEST - PULL BACK & TO SIDE W/ OUTSIDE OF FOOT
- ROLL, STOP, ROLL, STOP - INSIDE OF 1 FOOT TO INSIDE OF OTHER
- TOE TAPS - STATIC
 - FORWARD
 - BACKWARD

② CONE DEFENDING

③ LADDER / HOOP DRILLS.