

4/26/09

EPSC U96 PRACTICE

4-5<sup>00</sup>

EPHS FIELD A.

I. WARM UP - LARGE GRID  
40% W/ BALL 60% W/O  
PASS & MOVE

II. SSG

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- REGULAR TO SMALL GOALS (SHORT TIME)
- SAA W/ NO PASS ZONE IN MIDDLE OR ENDS
- W/ BOX GOALS
- ONE NIL GAME (CANNOT BE MORE THAN 1 GOAL UP)
- BALLS ON CONES GAME

END W/ REGULAR SSG