

4/28/09

EPSC U96 PRACTICE

6-7<sup>30</sup>

FLYING CLOUD

## I WARM UP

### A. IN 2'S OR 3'S

- DRIBBLE, PASS, MOVE
- AFTER PASS, MOVE QUICKLY OUT TO TOUCH CONE
- INSTRUCTION W/ PASS (TURN/TIME/MAN ON)
- SLOW PACE EXCEPT C.O.P. AFTER MOVE OR GETTING TO CONE

## II TEAM KEEP AWAY

### A. 3 EVEN TEAMS

- 2 TEAMS PASS AROUND TO MAINTAIN POSSESSION
- OTHER TEAM DEFENDS TO GAIN POSSESSION
- ROTATE DEFENSIVE TEAM
- ⇒ VARIATION ⇒ PASS ONLY TO OTHER POSSESSION TEAM

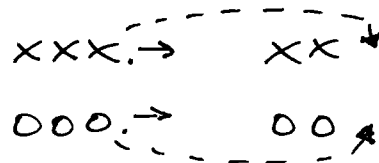
## III QUICK TRANSITION GAME

3 TEAMS

## IV 3 LINE GAME

## V CONTROL, PASS, MOVE DRILL

- 2 TEAMS OF 5
- 1<sup>st</sup> TO 50' IN 1 MINUTE



## VI SSG

- FAST FOOTWORK