

5/5/09

U96

EPSC

PRACTICE

FLYING CLOUD

6-7<sup>30</sup>

## I. WARM UP

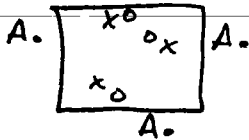
LARGE GRID - DRIBBLING - USUAL EMPHASIS

"CHANGE" = DIRECTION

"SWITCH" = BALL

"GO" = CHANGE OF PACE

## II. PASSING/RECEIVING W/ PRESSURE



- X ATTEMPT TO RECEIVE & GIVE BALL BACK

W/O DEF. (O) TOUCHING BALL

- VAR. GIVE BALL TO DIFF. TARGET (A)

## III. POSSESSION - 2 LARGE GRIDS

- 4 v. 1

- LONG PLAYER ATTEMPT TO TOUCH/GAIN POSSESSION OF BALL

- TIMED → ROTATE THRU MIDDLE

## IV. PASSING - LARGE GRID, 4 BOX GOALS

- 2 EVEN TEAMS

- COMPLETE PASS TO A TEAMMATE IN THE BOX FOR A POINT

## V. SSG - TRIANGLE GOALS

- 2 TEAMS

- COMPLETE PASS THROUGH TRIANGLE FOR POINT

## VI. SSG - FREE PLAY TO SMALL GOALS